

Her Oasis
finding **your** beautiful



SEPTEMBER/25

her oasis

contributors this month

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Brush Strokes
for Her Soul

longing for you

Hello Lovely,

In August, our leadership team at Sisters of the Crown took an opportunity to realign. We felt the importance of stepping back, reflecting, and consciously choosing to be still in His presence. It is not feasible to disconnect from everything for an entire month—oh, what a dream that would be!—but we were committed to slowing down, going against the world that pushes us to rush.

A deep longing arose in me. It was an ache, a deep desire to know God in a new way. Since the age of three, the Lord has been my constant companion, my confidant, and my Father. This deep relationship is truly a gift, yet still, I felt an insatiable longing—a desire to explore a deeper facet of Him, the One who occupies my heart more than anyone else.

Coincidentally, my birthday falls in August, and this year, I made a simple request of the Father: "Daddy, I want to discover a new facet of You." I anticipated an immediate response, eager to unwrap the gift I believed He would offer me. Instead, there was silence—just crickets echoing in my heart.

It wasn't until four days later that clarity washed over me, "God, the therapist." Immediately, those words resonated powerfully. For many months, I had felt an ache—a passion to see the women within our community and sphere of influence healed. Over nearly a decade of working with the Sisters of the Crown, I've had the privilege of witnessing many women set free; yet, I've also seen far too many remain bound by their struggles.

Through this journey of longing, my desire became clear: to comprehend the aspect of our Father who sets captives free—permanently. I long to witness the Master at work, to watch Him operate uniquely in ways that no one else can, and to marvel as all the glory goes to Him alone.

I am ready with a front-row seat, eagerly anticipating that He will set us free—each of us. Not just 99% free – but completely free!

Let's open our hearts and embrace the unmatched transformative power of our Father, who desires nothing less than our complete emancipation.

So, my dear lovely, do you share this longing? Are you yearning for God to be your healer, your ultimate therapist? Are you ready to embrace a life where you are completely free, unencumbered by your past, and fully immersed in His love?

Ingrid

contributors tribe



Ingrid Maddock,
Content Curator



Leslie Bissell,
Spiritual Director



Peggy Kroupa,
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contributors tribe



Sissy Reese,
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Victoria Sandage,
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Terri Sullivant,
Life Coach



what is breath prayer?

For those of you who are unfamiliar with breath prayers, here is a little synopsis.

Breath prayers involve the spiritual practice of stillness and focus on God, promoting calmness through controlled breathing. This practice is rooted in the Bible, particularly in Psalm 46:10, which encourages us to "be still" and acknowledge God's presence. The repetition of a short phrase or word in breath prayers is a way to internalize and meditate on God's Word, fostering a deeper connection with Him.

Rather than seeking strength or healing within ourselves, we turn to Christ, as emphasized in Philippians 4:19, where God promises to meet our needs. Ultimately, Christian prayer seeks to deepen our connection with God, as James 4:8 reminds us to "draw near to God." Breath prayers play a significant role in this, helping us focus on this relationship and finding peace in His presence, thereby promoting a deep spiritual connection.

breath prayer with psalm 46:10

Sit for a moment in silence and remember that God holds you in a loving presence. Take three or four slow, deep breaths, inhaling through your nose, and then exhaling fully. The more used air you breathe out, the more new air you can take in.

Read silently or aloud Psalm 46:10, "Be still, and know that I am God." Pause after each phrase to take three or four deep breaths before moving to the next phrase.

Be still, and know that I am God...

Be still, and know that I am...

Be still, and know...

Be still...

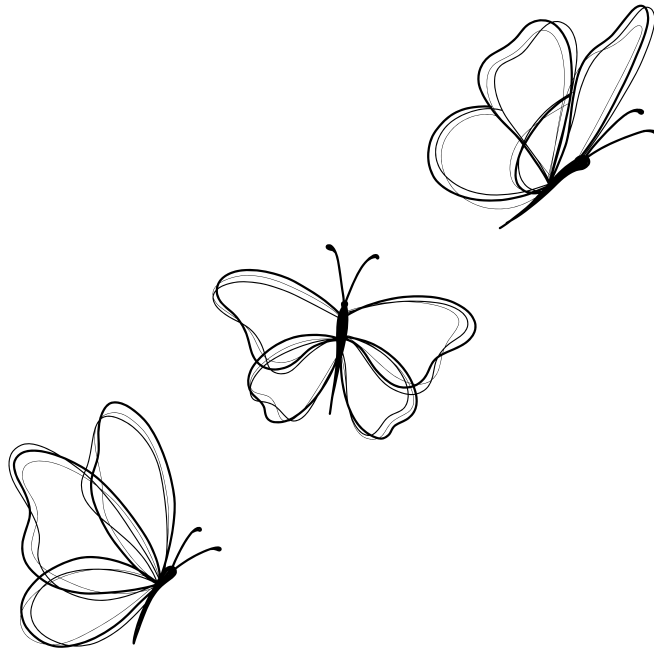
Be...

For the next several minutes, just breathe. Become aware of the natural pauses in your breathing. These are called stillpoints. Watch each moment of breath--the inhalations, exhalations and stillpoints--with calm awareness. In Christian spirituality the stillpoint is identified as God's fullness. It is a point of rest. When we rest in God, there is nothing more to do, nothing to be, nowhere to go. Simply be.

As thoughts arise, acknowledge them and let them pass. Simply return to your breath. Keep awareness on the breath. Return to Psalm 46:10, "Be still and know that I am God" at any time.

Gently and slowly, open your eyes. How are you feeling? As the Spirit releases you from this time of breath prayer, carry its calm awareness with you throughout your day.

{Source: *Paths to Prayer: Finding Your Own Way to the Presence of God*, Patricia Brown, Jossey-Bass, 2003}



I would like to introduce you to a fellow sister who has been part of the Sisters of the Crown community for seven years.

Leslie Bissell is a Licensed Clinical Psychologist and recently became a Spiritual Director. Leslie is lending her voice to *Her Oasis* with a monthly feature entitled *Divine Invitations with Leslie Bissell*.

Some of you may be new to the concept of Spiritual Direction so we asked Leslie to help educate our readers and keep us encouraged on our journey to healing and wholeness.

Leslie is a gifted communicator and teacher. I am sure you will enjoy her monthly conversation.



divine invitations
with

Leslie Bissell

what is spiritual direction?

Spiritual Direction is a Divine invitation to experience the presence of God in the company of a trained, empathic, listening other. While it is similar to other faith-based ministries, the purpose of Spiritual Direction is to hold space for the one seeking direction (Directee) to explore how the fingerprints of God show up in her personal story and in her daily life. If you feel like your attempts to connect with God are no longer working, are curious about how to feel a greater awareness of God's presence, or simply want to slow down and invite God into your daily decisions, then Spiritual Direction may be the answer.

I became aware of this ancient spiritual practice at a time in my life when it felt like my world was falling apart. I knew God was with me, but it just didn't feel like it much of the time. I was exhausted, lonely, and feeling isolated from the One who, in the past, had informed my "doing" for Him. In this season of searching, I met my own Spiritual Director after moving to a new city. Over the past four years, every meeting with my Director has been life-giving in so many ways. My tears have been many, but the deep presence of God has always been central as she has held space for me to explore the depths of God's love for me, just as I am. I have become more aware of how to "just be" with Jesus instead of being focused on what I was "doing for" Him. Our monthly meetings give me a sacred space to slow down, reflect, ask hard questions, and experience the love of my Abba in the unique way that He created me to know Him.



LESLIE BISSELL

SPIRITUAL DIRECTOR

CHRYSLIS COUNSELING & CONSULTATION

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It would be my honor to hold space for you to know God in a deeper way. I completed my own training to become a Spiritual Director in May 2025 (Sustainable Faith) and will begin seeing Directees in October 2025. We would begin our relationship with a 20-minute introductory call so that I can get to know you, share more about the Spiritual Direction process, and determine next steps based on what you would like to get out of our time together. Meetings are scheduled on a monthly basis, with each session lasting about one hour. We can meet in person (Manhattan, KS) or by televideo. The cost of each session is \$50, payable at the time of the session.

More Information: findingbeautiful.org/resources

Oasis

CREATIVE PRAYER STUDIO

what is the oasis creative prayer studio?

The Oasis Creative Prayer Studio, a hidden place where creative prayer and meditations enhance your connection with God.

Find yourself as you embrace the unexpected.

Featuring:

lectio divina

visio divina

musica divina

poetica divina

meditations

prayers

the creative prayer oasis

This Month's Creative Prayer: Conversations Mosaic



conversations mosaic

Sensing God Speaking Collage

Supplies you will need:

Magazines to cut, scissors, glue stick or adhesive, and card stock or regular copy paper.

Allow yourself five minutes of stillness before you begin.

Collect your thoughts and calm your mind.

Take several cleansing breaths to center yourself.

Ask the Father to be with you. Invite Him to speak and let Him know you are listening. Request that the Lord communicate with you through highlighted words on the pages.

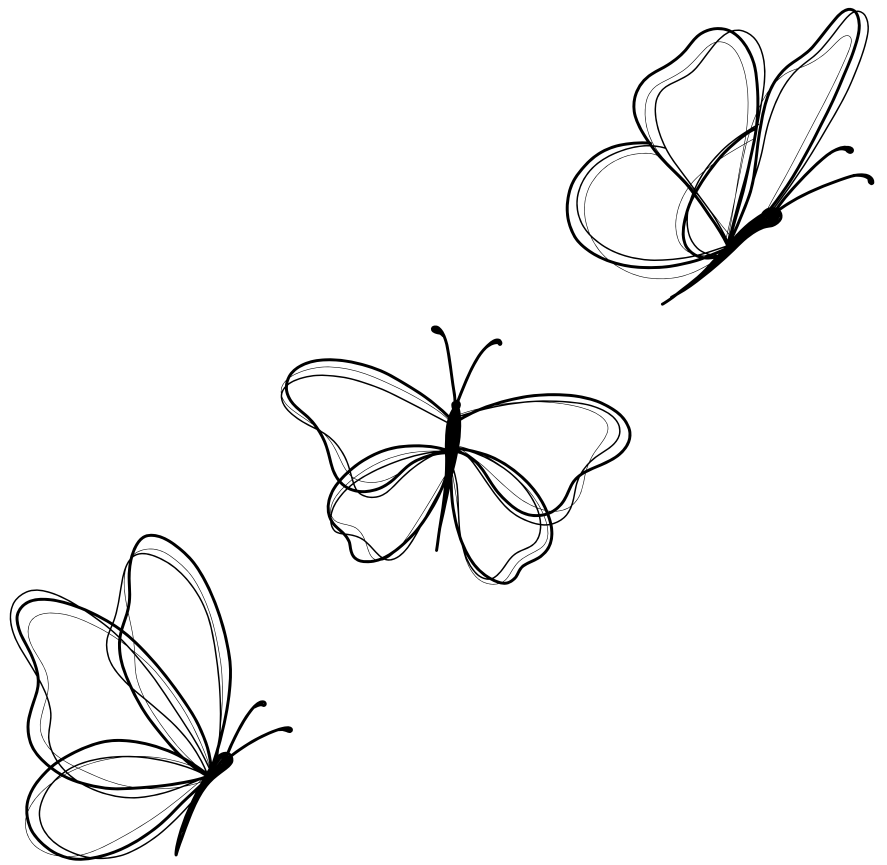
When you feel His presence, start thumbing through the magazines in a quiet, secluded place. Cut out the words that stand out to you. Don't worry about arranging the words, just keep cutting until you feel you've gathered enough.

Clear your space except for the words you've cut out. Ask the Lord to provide content for your collage.

When you're ready, begin assembling your collage while praying. Lay the words down as you feel the Father speaking to your heart.

After you finish, sit with your collage and journal about what you believe God is saying to you. Open the conversation by asking Him questions in return.

Enjoy the process and seek a deeper connection with God during this creative time!



Let me introduce you to another fellow sister who has been part of the Sisters of the Crown community for seven years.

Peggy Kroupa is a Soul Healing Minister and Mentor. Peggy is lending her voice to *Her Oasis* with a monthly feature entitled *He Restores My Soul with Peggy Kroupa*.

Some of you may be new to the Soul Healing so Peggy has graciously agreed to share stories and explain to our readers how the soul journey leads to healing and wholeness.

Peggy is a seasoned teacher and mentor.



He restores my soul with peggy kroupa

My Soul Healing Journey

By Peggy Kroupa

After I had inner healings from sessions and experienced freedom, I began to identify recurring negative feelings. I knew I needed deliverance so that I would seek God on my own. One time, I realized I would get very angry if I got a haircut that was not to my liking, and especially if it was shorter than I had wanted. On my own without any prayer partners, I asked the Lord to take me back to the source and origin of that anger. He reminded me of a time when I was in middle school. My hair had just grown out to a length where I could curl it into a page boy style. My mother insisted that it was time for me to get a haircut. I knew at the time it was expected of me to submit to it, even though on the inside I was seething with anger and rebellion. In that memory, the Lord gently spoke to me and asked me to forgive my mother. After I did that, I knew that I needed to ask the Lord for His forgiveness for allowing that rage, rebellion, and unforgiveness to rule my mind for so many years. Forgiveness is a huge part of being set free. From then on, a disappointing haircut was just that, and my attitude was that it was just hair and would grow back. I was free.

I had been a competitive swimmer since I was six years old and was never afraid of the water. When I was older, I realized I had a fear of drowning. As an adult, I decided to take this to the Lord to find out about it. He took me to a memory when I was a young teen on a swim team. We had an end-of-summer party and were celebrating at a place that had a smaller pool than where we had competitions. One of the coaches had gotten a huge inner tube from an airplane that we were playing on in the pool. I fell off and struggled to surface because of the size of the inner tube compared to the pool and the number of legs that were in the way. I coughed and sputtered and had a hard time catching my breath when I did surface. This is where the enemy planted fear. I asked God to give me His truth. I sensed Him saying, "I will never leave you or forsake you." Immediately, I was set free from fear. I knew that if I ever had to face drowning, He would be there to take me to the surface or to heaven safely.

He restores my soul with peggy kroupa (cont'd)

I have found that there are times when I need a team to help me get freedom rather than seeking the Lord on my own. Part of a prophecy I received said that I had a wall around my heart. I prayed and sought the Lord, but could not hear about this. During a Soul Healing session, the Lord took me back to a memory when I had been teased as a fifth grader. I built the wall for self-protection. God wants us to depend upon Him for protection. I asked God to take down the wall. When He did, I felt too vulnerable. When I told Him I could not function like this, He told me to put on the full armor of God. It is so wonderful to experience His freedom and then His protection.

Listening prayer is not just for inner healing. We can ask God a question anytime about anything and receive His answer. I had heard that God confirms everything with two or even three witnesses. I knew of some examples in the Old Testament but could not think of any in the New Testament. Since I was starting to study Matthew, I asked the Lord to show me examples in this book if there were any. The first example encountered was when Jesus was eight days of age. God used Anna and Simeon at the temple to confirm that Jesus was the Messiah. At Jesus' baptism, Father, Son, and Holy Spirit confirmed that Jesus was God's Son. On Sunday morning, after Jesus' crucifixion, three women witnessed the empty tomb, confirming Jesus' resurrection.



PEGGY KROUPA

SOUL HEALING MENTOR & MINISTER

SOUL HEALING IN THE CITY

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Is your soul in need of healing? Life's journey often presents us with challenges, but God's transformative love is a beacon of hope. He desires to heal, restore, and lead us to fulfillment. The path to soul healing begins with an open heart, ready to embrace this perfect love and allow His transformative power to work within us.

Through the practice of "listening prayer," you are invited to embark on this life-changing journey, where Jesus can set your soul free. Sometimes, it's beneficial to have a supportive team guiding you toward freedom, rather than navigating this path alone. I have had the privilege of participating in numerous soul healing sessions for over twelve years, and I am here to be part of your team as you seek healing and wholeness. I also train and mentor soul healing leaders and prayer partners.

More Information: findingbeautiful.org/resources



RELATABLE

REAL LIFE STORIES



The power of a story can usher in hope to see what is on your horizon.

relatable {real life stories}

By Beth

Stories of real women inspired to bring you hope. The circumstances may be different, but our God is the same.

For years, I grappled with the profound grief of infertility, often feeling adrift in a sea of despair. In those darkest times, I stumbled upon the transformative power of poetry woven into songs—each lyric a beacon of hope that reignited my spirit and drew me closer to Jesus.

One pivotal moment that forever changed my perspective came when I discovered a pastor on YouTube who boldly urged barren women to celebrate their journeys. His words pierced through my sorrow, igniting a flicker of hope within me. I felt as if he was speaking directly to my heart, offering a powerful reminder that even in my deepest struggles, I can find joy.

It was at that moment that I realized the depth of my strength; I embraced the belief that my story was still unfolding. That encouragement became my lifeline and source of inspiration that lifted me during my most challenging days. In the face of adversity, I learned to find joy, discovering beauty in the struggle and strength in my faith.

My first fertility procedure continued my heartache as my long awaited appointment had to be rescheduled because the facility was having technical issues with their equipment. The setback left me emotionally drained, knowing I would have to wait several more months to get another appointment. However, again, through poetry in song, I was reminded that God is in control, even when I don't see the plan.

That night, I prayed for guidance and felt a strong urge to prepare a nursery despite the fear that was holding me back. With each layer of paint, I leaned into faith, writing down God's promises and treating my journey like a sacred adventure.

I was putting my faith into action!

relatable {real life stories} (cont'd)

Throughout my faith journey, God kept stoking my fire of hope, showing me that one day, my dream would come true – I was going to be a mother. My journey with infertility continued for another year and took me to places with God I never thought possible. I heard God's voice so clearly, and His poetic words, expressed through song, continued to keep my faith alive. It was my unwavering faith that sustained me through the darkest moments, and it was my faith that ultimately led me to the joy of motherhood.

The moment I had been waiting for had finally arrived! Exactly one year after preparing my nursery, I received the incredible news – I was expecting! Nine months later, I welcomed a beautiful little girl into the world.

My journey to motherhood serves as a powerful reminder of perseverance, hope, and the remarkable ways faith can manifest in our lives. My precious gift is proof that if we hold onto our dreams and believe in the goodness to come, miracles can unfold in ways we might never have imagined. Remember, no matter the challenges, never lose sight of the possibilities – God has already written your beautiful story.



CULTIVATING

A HEALTHY MIND

cultivating a healthy mind

The Holy Spirit and Mental Health

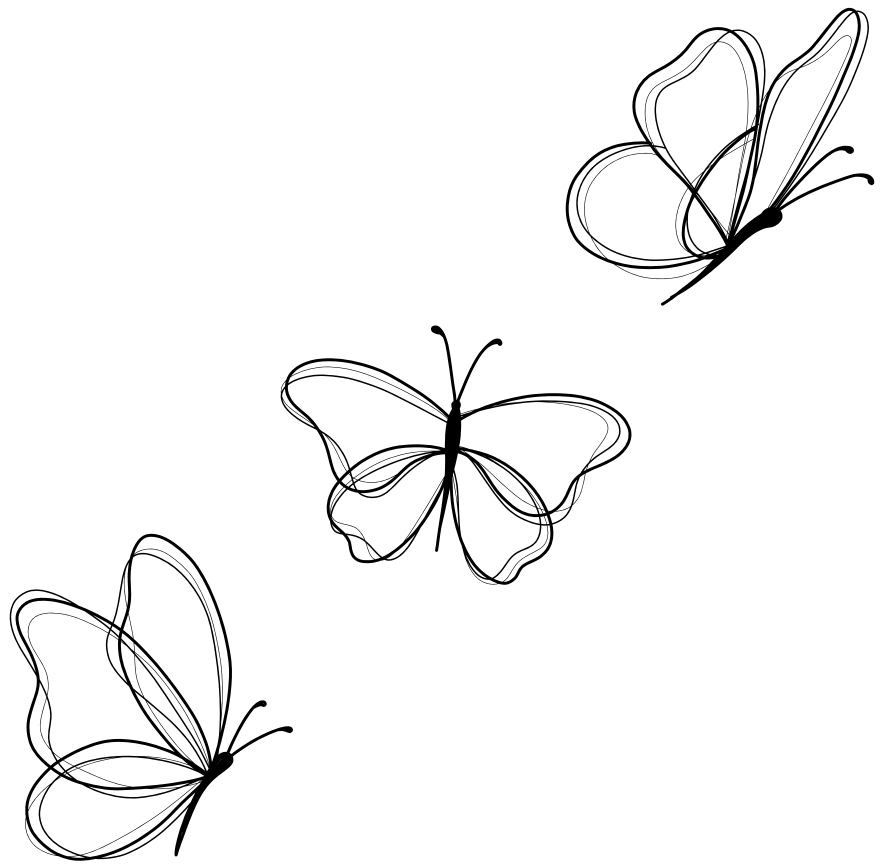
By Michael Sullivant

“For God has not give us a spirit of fear but of power and of love and of a sound mind.” 2 Timothy 1:7 (NLV)

I believe the most culturally resonant translation of the Greek word *sōphronismos* – rendered “sound mind” in this verse – is **mental health**.

In context, this suggests that the Holy Spirit actively cultivates mental health within us, just as He also imparts God’s power and love. These three qualities – power, love, and mental health – are not meant to stand alone, but to be blended, balanced, and deeply vital to a Spirit-filled life.

creative prayer



Another fellow sister who has been part of the Sisters of the Crown leadership team for seven years is Sissy Reese.

Sissy is not just a poet, professional, and influencer; she radiates hope, encouragement, and inspiration wherever God places her. She is a shining example of the transformative power of unconditional love and compassion. Through her selfless deeds and inspired words, Sissy continues to inspire those around her, proving that the heart can express what the mind may hesitate to articulate.

creative prayer

Poetica Divina

By Sissy Reese

Sanctification

On this journey to eternity, the Lord will sanctify you and me.

To make us holy, as we are called to be.

He takes us as we are, but doesn't leave us the same.

Stripping us of all things, contrary to His name.

He renews our mind so our thoughts align with His.

Shaping us, empowering us, into Christ likeness.

He begins a good work in us and promises to see it through.

Bringing it to completion, making all things new.

poetic divina meditation

Poetica Divina {sacred reading of poetry} is contemplative, like Lectio Divina, but focuses on divinely inspired poetry rather than scripture. Poetic praying allows for deep reflection as you connect with God with stenagmois {a Greek word meaning groans or sighs too deep for words}. Romans 8:26-28 is a remarkable cathartic passage that displays how the Holy Spirit comes, inspires our sighs {stenagmois} from our pregnant condition, and brings us to the Father so we can articulate our true feelings.

Whether you read existing poems or write your own, remember this is not about perfection. It's about finding a pathway to release your emotions in prayer. God is there, ready to sit with you in your deepest groanings and guide you to freedom.

The beauty of poetry lies in its ability to express profound points with just a few well-chosen words {groans, sighs}. Poetry invites you to 'read between the lines' as you contemplate the deeper meaning of the art you've just experienced.

Poetica Divinia Steps

Find a comfortable position.

Eliminate distraction.

Select a poem that speaks to your heart.

{This could include sacred poetry like a Psalm.}

Soften your eyes and take several deep breaths as you still yourself in the presence of the Father.

Offer the Father a moment of gratitude and allow Him to respond to what you are grateful for.

poetic divina meditation (cont'd)

Read

Read the poem slowly as you open your heart to receive from God.

Don't get lost in the meaning; allow the words to wash over you.

Pause

Stop, soften your eyes, and allow your heart to metabolize what you read. Sit in stillness for a moment or two.

Reflect

Reread the poem aloud, slowly, and with intention. As you read the poem, think about how the words connect with you emotionally.

Embrace

Read the poem a third time as you ask the Father to highlight what He wants you to know.

Then, use what you are sensing to articulate your prayer of response to the Father. Pay attention to visual cues or scripture references that come to mind.

Ask the Holy Spirit for guidance if you feel stuck.

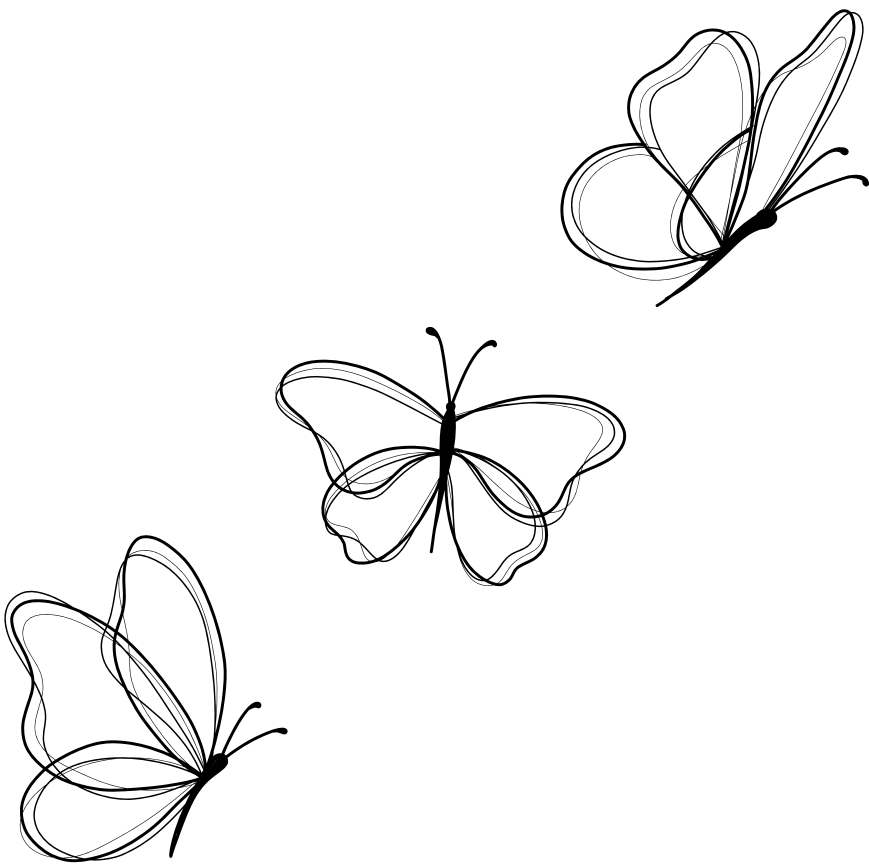
Gratitude

Finish with a prayer of gratitude to the Father.

More Poetica Divina Prayers can be found on our website: findingbeautiful.org/studio



CONVERSATIONS
with Coach Terri



Terri Sullivant has been part of the Sisters of the Crown community for nine years.

Terri is a certified life coach, author, and ministry leader with over 40 years of experience in pastoral leadership, mentoring, and spiritual formation. Alongside her husband, Michael, Terri co-pastors New Hope Community in the Kansas City area and has served faith communities across the country.

After a life-altering illness in 2004, Terri redefined what it meant to live life to the fullest, which inspired her to launch Fully Alive Coaching. She now serves as a beacon of hope, helping women uncover their true identity, dream with God, and step boldly into the life they were created to live.

conversations with coach terri

Cultivating Your Oasis of Peace

By Coach Terri Sullivant

He stilled the storm to a whisper; the waves of the sea were hushed. They were glad when it grew calm, and he guided them to their desired haven. Let them give thanks to the Lord for His unfailing love and His wonderful deeds for mankind. Psalm 107: 29-31 (NIV)

On our way to Kansas City in 1987, the Lord highlighted these verses from Psalm 107 to me. The whole Psalm is about God coming to rescue and provide what people need in tumultuous times. There truly is nothing new under the sun. We live in an imperfect world with lots of challenges. There will be many storms that we will walk through in our lifetimes, including those within our church communities.

God is with us during every storm, and He wants us to cry out for His help. When we do, He will come to our rescue. In Psalm 107 He promises to hush and calm the waves and winds, and to guide us to our “desired haven.”

The word “haven” means harbor or port; place of safety or refuge; a place offering favorable opportunities or conditions.

I have personally experienced this repeatedly throughout my lifetime. I’ve discovered that we can inhabit this “haven” He provides for us – it becomes our own oasis of peace where we can abide and live at peace with our families and friends in our communities. The storms will come, but we will be able to return to joy and peace from all the emotions they create. It is a shelter in every storm.

conversations with coach terri (cont'd)

What do we need to do to “get there”?

1. Cry out to the Lord. “Then they cried out to the Lord in their trouble, and he brought them out of their distress.” Psalm 107:28 (NIV)
2. Practice gratitude and golden memories. Connect with Immanuel in them.
3. Engage with Immanuel amid your emotions. Allow Him to calm the waves.
4. Anchor the new story of returning to peace and joy from those emotions.
5. Share with your family and friends and help them follow these same rhythms.
6. Enjoy each other and live together in the oasis of shared peace and joy.
7. “Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind.” Psalm 107:31 (NIV)

My husband, Michael, and I have been serving in leadership in churches since we began following Jesus. We have experienced many storms in our 48 years of ministry. Wherever you live and work, you will encounter those storms – church included. Because we have higher expectations of what we will experience in Christian communities, the disappointment can be greater. There are mentalities and patterns of relating in religious groups of people that can be mind-bending. Don't let that make you “quit” church altogether! That is the enemy's plan, not God's. You may need to change communities if the one you are in is too unhealthy, but do find another, healthier one. Because there are no perfect people, there will be no perfect communities.

conversations with coach terri (cont'd)

Amid imperfect communities, we can create a haven of peace with others who are like-minded and doing the practices we have learned. These healthy rhythms build stronger attachment with the Lord and one another. This is where we can abide in our haven of peace, our refuge from every storm.

We were able to do this with our family in our years of ministry. We also were able to find a “community within our community” to live with in peace and joy. I’m so grateful for this! The Lord did provide for us our “desired haven” just as He promised.

Words of Wisdom from Coach Terri

I wholeheartedly encourage each of you to find your tribe and create a haven of peace. Having a strong support system is essential, especially when life presents challenges. It's like being anchored in a storm; you need that stability.

It is also essential to prioritize your time with God. By connecting with Immanuel, you open the door to His sanctuary, allowing yourself to find comfort and strength even in the most turbulent times.

Immanuel truly can and will calm your storms and guide you to your desired haven; it's His promise to you and He always keeps His promises.



TERRI SULLIVANT

LIFE COACH

FULLY ALIVE COACHING

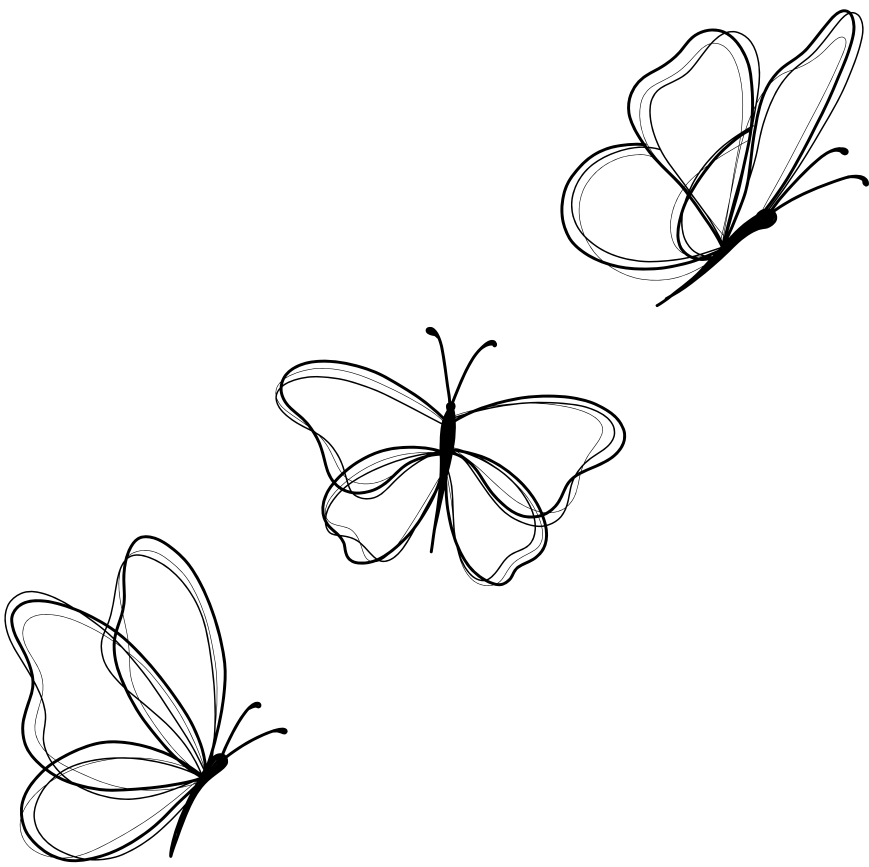
terrisully@gmail.com

Who is a life coach for?

If you want to become a more confident and joyful woman, and discover your true, unique God-given identity, then you are an excellent fit for life coaching! Together, we can mine the treasure in your life so you can better serve those whom God has placed in your life.



Stories from sisters ***finding beautiful*** along the way.



Inside the Crown is a monthly feature where you will hear stories about women inside our sisterhood. This month our very own “Queen” Victoria Sandage will be sharing about her transformational trip of a lifetime with her husband, Rob.

Victoria is a gifted photographer, wife, mother, and nana. We affectionately call her “Queen.” She gave herself that name after her crowning eight years ago. Wherever their is laughter you will find Vicki as she is a joyful heart who is an elixir to the sisterhood.

inside the crown

The Beginning - The Last Frontier

By Victoria Sandage

Going on an "Alaskan Cruise" had for years been tucked away in the recesses of my mind. I had all but forgotten about the hope of "one day."

But God knew and was waiting for just the right moment—His Perfect Timing—to present His Gift.

The Father had known my thoughts and feelings, what I had been dreaming about for months, my desire to plan something special for our wedding anniversary last month. It felt "pressing," with a "sense of urgency," and the need to embrace whatever time we have left, whatever that may be.

So, the Father planned Big for us, beyond what I could have imagined, The Alaskan Cruise, on the "Queen Elizabeth," the same cruise line my in-laws took 25 years ago, telling us it was "their best trip ever."

It was a British Royal ship, fit for a queen. A Queen, a reminder of who I am, His Royal Daughter, so The Perfect Gift.

When the opportunity arose, I couldn't see the gift beyond my pain and energy level, even to consider a trip like this. Traveling has been one of my greatest challenges over the past five years.

In a moment alone in stillness and quiet, I began to hear the Father's whispers, "Why a 'No' so immediately?"

I knew fear had been my knee-jerk reaction.

inside the crown (cont'd)

My heart and mind opened with His gentle and tender love. As fears surfaced, tears welled up. For most of my life, I have felt brave and adventurous. I never thought "fear" was something I housed, but with His Great Uncovering these last six months proved otherwise. The Father does not want me to live in fear; He is committed to my freedom.

So came Jesus' gentle but clear voice again. He asked,
"Could this trip be something I want for you?"
Hmmm, I hadn't given that a thought.
Then Truth, like a flashlight pointing to a spot in the dark,
"You didn't give your husband a chance to be part of the decision."
Gulp.

Surely he wouldn't even consider going. This was so last-minute; spontaneity is my "go-to," not his. Much to my surprise, he immediately said, "Yes, and let's find out more information."

Oh no! I hadn't expected that. I was still FULL of fear.

God would have to help me, big time. There were so many confirmations that this was from God. We made our final "yes" and began our plans to go on "The Trip Of A Lifetime." At the same time, I was on an inward journey with God, "delivering me from all my fears."

One by one, I named each of my fears, both big and small. Later, as I considered our location, cruising into "The Ring Of Fire," I added earthquake, tsunami, and volcano to my list (and all three happened during our last 24 hours of the cruise). I journaled my fears and what was actually behind each one, and God had an answer, with a promise that He would deliver me from ALL my fears (Ps. 34:4). I wanted Him to zap fear out of me in a blink. I knew He could do that, but He wanted me to join Him and do this together, Hand in Hand.

inside the crown (cont'd)

My part would be with Him, climbing out on several limbs, jumping, and then TRUSTING HIM in everything.

Every day we saw the Goodness of The Father's Heart, and at the same time were in Awe and Wonder at the Beauty of His Hand.

My daily prayer was, and continues to be,

Father, I give you all my fears. I trust You to carry me, to help me, and deliver me from all my fears, as they are now, and as they come up.

Help me to remain in Your Love, in Your Presence. Amen.

on the
bookshelf

books to encourage and inspire your feminine soul



Poetica Divina

by Poet Sissy Reese

poetica divina

Poetica Divina

by Poet Sissy Reese

It is her passion to inspire you to connect with the Father in the deep, quiet place.

The practice of Lectio Divina through poetry, also known as Poetica Divina, is an experience for your soul. It encourages you to linger in the words, listen with intent, and reflect on the profound truths that emerge. Sissy's inspired words, familiar yet transformative, serve as gateways to insight, inviting you to explore meanings far beyond initial perceptions. With her logophile expressions and deep yearnings, Sissy uncovers glimpses of the sacred, awakening our spirits to the beauty that surrounds us.

be still and know

book of prayers



be still & know book of prayer

Be Still and Know Book of Prayers

By Victoria Sandage, Anoushka Riley, Poet Sissy Reese, and Ingrid Maddock

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.

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5
minute
meditation

five minute meditation

Promise of Rain

One Minute of Solitude

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.

If the clouds are full [of rain], they empty themselves on the earth.
Ecclesiastes 11:3a (AMP)

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



five minute meditation (cont'd)

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

Why do we often feel uneasy when dark clouds gather in the sky? Though they may conceal the sun for a while, it is in those clouds that we find the promise of rain—essential for nurturing the earth. Just as we cannot have rain without dark clouds, our struggles often lead to unexpected blessings. Moments of sorrow may feel heavy, but they frequently serve as a prelude to grace and mercy. As a special reminder, sometimes we receive a double rainbow to show that we are repaid doubly for our troubles.

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

Dear Father,

In times of uncertainty and darkness, remind us of Your unwavering presence. Let us rejoice in the love that surrounds us and trust that our faith can guide us through the bleakest moments. Help us see that as trials pass, they often leave behind the beauty of new beginnings and renewed hope. May we find comfort in knowing that each storm carries the promise of blessings to come.

In Jesus' Name, Amen.

Question to Ponder - Lord, we ponder through questioning.

Are you uneasy about the dark clouds in your life?



what's ahead



january devotional releasing
december 30, 2025.

Sisters
OF THE
CROWN

who are we?

Sisters of the Crown is a tapestry of women woven together by a deep and abiding love for the Father! We're more than just a group; we're a sisterhood fueled by our shared passion for championing the women God brings to our door, regardless of their background, race, or age.

Our mission is simple, yet profound: we believe every woman has the right to embrace her true God-given identity as a Royal Daughter of the King of Kings. We're here to uplift and inspire, sparking hope and courage in women to chase after their dreams, no matter how impossible they may seem! Every woman who enters our circle is a precious gift, and we seek to make each one feel valued, seen, and loved. It is our passion to create a safe and nurturing space for women to find their beautiful.

What Does the Crown Symbolize?

The crown we talk about is so much more than a blingy symbol; it's a reminder of the divine truth that every woman who grows in her relationship with the Father possesses a royal heritage. We celebrate not just who we are but also Whose we are

what do we do?

At Sisters of the Crown, we act as an on-ramp for women seeking deeper intimacy with the Father. We want to help women find that quiet stillness where they can truly hear His voice, while encouraging and challenging them along the way.

For those looking for a more profound journey, we're here to connect you with "builders"—those who can guide you along the path to wholeness.

We host unique retreat experiences and create free digital content designed to resonate with women. Plus, we love engaging with our online community, offering encouragement and support through our interactive website and social media channels.

We're so grateful for the opportunity to walk this journey together, hand in hand, heart to heart, crown to crown!



Sisters of the Crown deeply respects and understands that healing is profoundly personal for each individual. It is our privilege to meet you where you are and hold space for you to hear God in a safe oasis. We are here to offer foundational support, always mindful of our place in your unique journey.

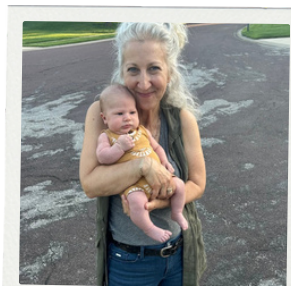
We also understand that healing is a journey. That's why we have a community of fellow sisters ready to walk alongside you, providing support as you take your next step towards healing.

Our collective passion is to see you not just healed, but living a life of complete wholeness. Find out more: findingbeautiful.org/help

meet our new community resources



Kassie Castaneda, Biblical Counselor



Lori Burge, Life Coach



Terri Sullivant, Life Coach

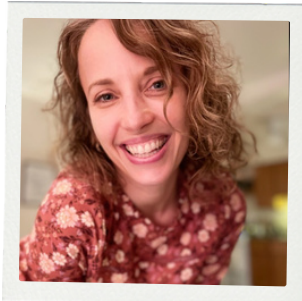


Peggy Kroupa, Soul Healing Minister



Leslie Bissell, Spiritual Direction

meet our new community resources



Melissa Stanton, Spiritual Direction



Leslie Bissell, PsyD, Licensed Clinical Psychologist



Sherrie Pucket, CEO and Founder Building Bridges Ministry
Mental Health Providers, Licensed Professional Counselor



Adrienne Tietz, Licensed Specialist Clinical Social Worker



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FOR SUPPORTING WOMEN

Sisters of the Crown

Sisters of the Crown is a 501(c)(3) non-profit service organization
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