



her Paxis

finding **your** beautiful

february/25

her oasis

Contributors

Sissy Reese

Anoushka Riley

Victoria Sandage

Ingrid Maddock

IN THIS ISSUE

5 Brushstrokes for Her Soul

8 Oasis Retreats

9 Lessons in Stillness

10 Five Minute Meditation

12 Litany of Stillness

15 Connect With Us





Brush Strokes
for Her Soul

the heart of stillness

Hello Lovely.

Creating space for a state of stillness is quite challenging in our noisy, word-driven world. Stillness is often considered a luxury. I have always valued the sound of silence—the allure of gentle snowfall covering the earth in a white blanket of solitude, the quiet of the wind whistling through an untended field, and the silence of early morning dawn before the day begins. These moments are treasured gifts of solitude.

In our fast-paced and hyper-connected life, the importance of stillness becomes even more significant. Nonetheless, it is a rare gift that I frequently struggle to remember to incorporate into my life.

"Be still and recognize that I am God; I will be honored among the nations, I will be honored throughout the earth!" The Psalmist's words in Psalm 46:10 reflect a call to relinquish control and embrace clarity and understanding. This exhortation to let go and declare faith is particularly challenging when storms rage around us, making calmness seem distant from our thoughts. Yet, it is a loving invitation from heaven by our Abba Father, inviting us to rest beside Him and entrust our worries and cares to His capable hands. It is an invitation to sit in solitude at His feet with open hands and upturned palms, allowing our burdens to be lifted and lightness to permeate our being.

This practice requires a conscious effort and a heart posture demonstrating our trust in our Father and acknowledging His sovereignty. To be still and to know is a journey taken step by step.

I am committed to embracing the gift of stillness. It is essential to my overall well-being, much like staying hydrated, nourished, and rested—perhaps even offering greater benefits. When we slow down, we gain deeper insights.

I hope you will join me so that we can learn from our shared experiences.

finding stillness,

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

Contributors



Ingrid Maddock

Sissy Reese



Victoria Sandage

Contributors



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.](#)

Lessons in Stillness

This poem resonated with me during the past month of practicing stillness. I repeatedly found myself reflecting on the devotional about Jesus in the boat with the disciples. I have often questioned how I react when Jesus is silent and I struggle to find peace.

A Poem on Life's Stormy Seas

by Amy Carmichael

*Thou art the Lord who slept upon the pillow,
Thou art the Lord who soothed the furious sea,
What matter beating wind and tossing billow
If only we are in the boat with Thee?*

*Hold us in quiet through the age-long minute
While Thou art silent, and the wind is shrill:
Can the boat sink while Thou, dear Lord, art in it?
Can the heart faint that waiteth on Thy will?"*



FIVE MINUTE MEDITATION

from Finding Beautiful

One-Minute Solitude Meditation

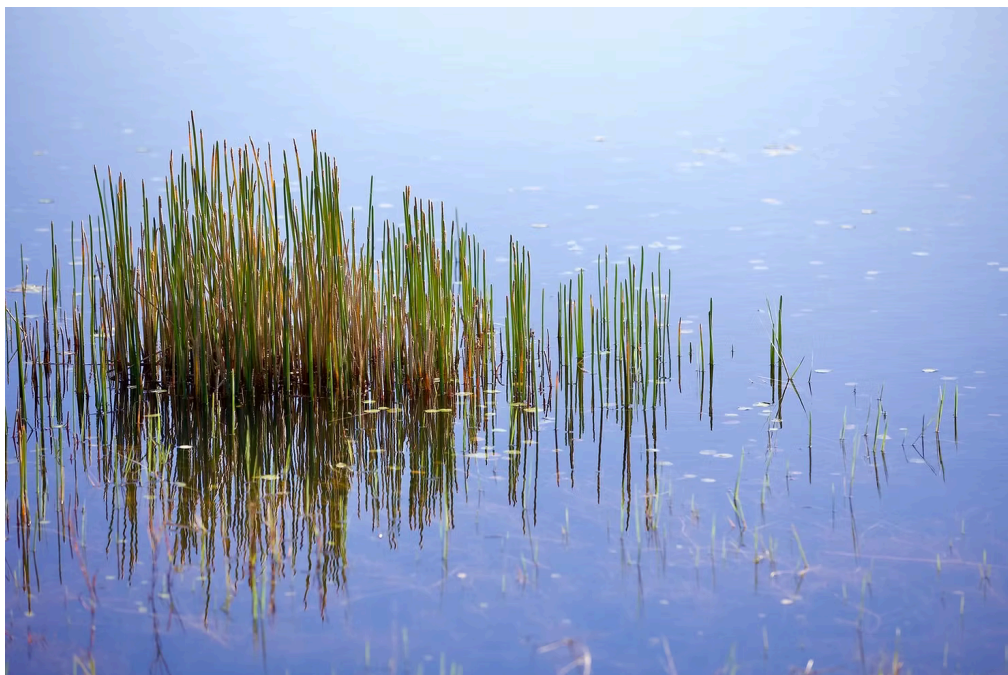
Find a comfortable position. Relax your eyes. Inhale deeply and exhale slowly. Set a timer for one minute to remain in solitude, contemplating the Goodness of the Father.

Lectio Scripture

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30

Visio Divina – What do you see?



Meditation

He's guiding us to discover the richness in life's silent, tranquil moments. To fully embrace and benefit from these moments, we need to accept His invitation with an open heart and a soul ready to pause. Despite the chaos in our schedules and thoughts, Jesus offers assures us of slow, still, and quiet.

Posture of Prayer

I pray as you open your heart to surrender and find rest, God's gentle rhythm of life will naturally come to you. As you learn to pause in His presence, may every transition become an opportunity for quiet transformation. May you understand that stillness is a way of living and connecting with God as you seek to see more of Him in your daily life. May you hold onto the truth that moments of stillness are filled with God, and you can access them and Him whenever you wish. And may you always remember that grace sustains you. In Jesus' Name. Amen.

Question to Ponder

What do unforced rhythms of grace mean to you?



LITANY OF STILLNESS

By Victoria Sandage

Photography by Victoria Sandage

From habit to speak.

Jesus, Still me.

From thoughts on the temporal

Jesus, Still me.

From racing and scattered thoughts

Jesus, Still me.

From relationships that drain my energy

Jesus, Still me.

From activities that overload my senses

Jesus, Still me.

From a restlessness that is not a holy one

Jesus, Still me.

From opportunities and invitations drawing me
away from a slower pace.

Jesus, Still me.

From the fear of missing out

Jesus, Still me.

From moments I am tempted to fix, control, and rescue

Jesus, Still me.

From burdens that are not mine to carry

Jesus, Still me.

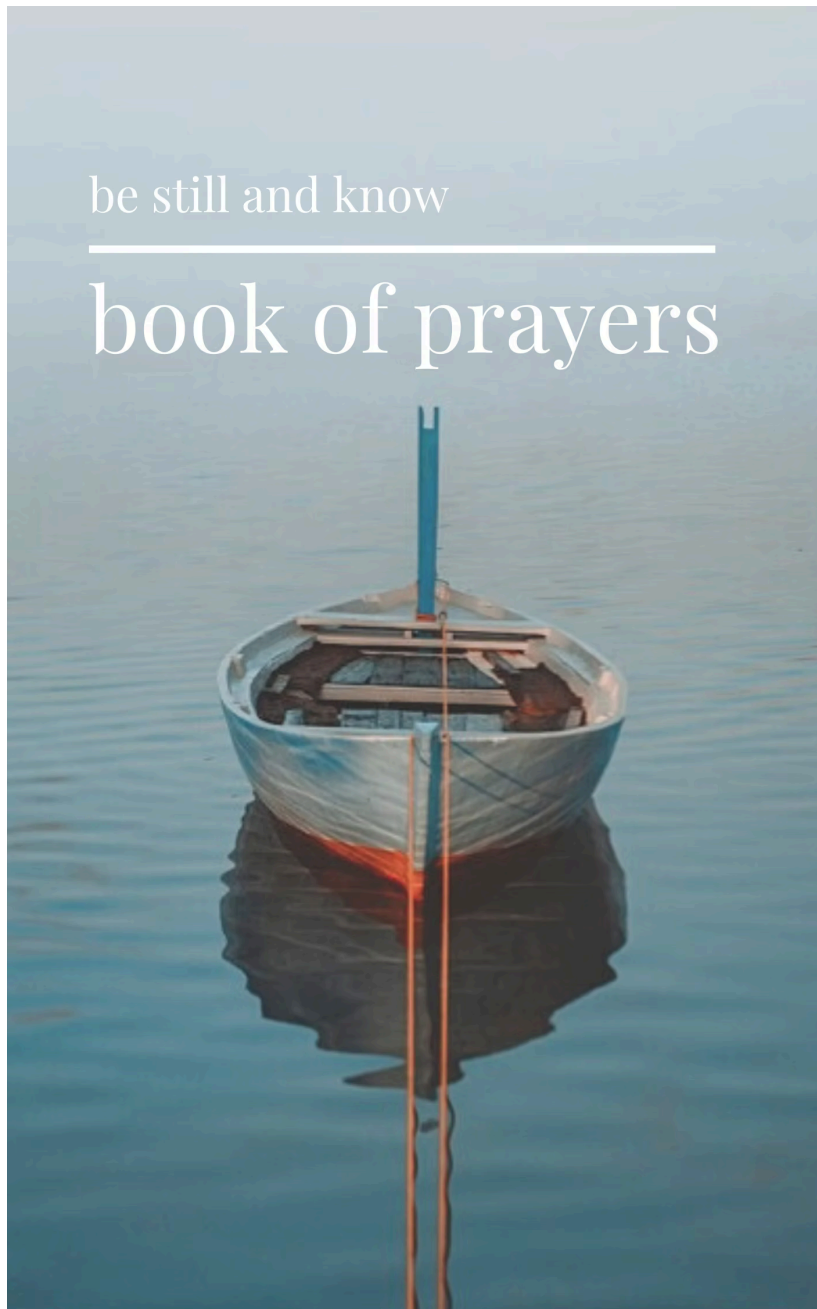
From expectations of myself and others that steal my joy

Jesus, Still me.



be still and know

book of prayers



Be Still Book of Prayer

Releasing May 2025

Quiet your heart to hear the Lord's guidance in stillness.
Trust and be patient as He works for your good.
Surrender your plans to His perfect timing and higher ways.
Deep healing comes to those who wait and trust Him!

A photograph of a narrow, snow-covered street in a city. The street is flanked by tall buildings. On the left, there's a brick building with white window frames and a white building with a red-tiled roof. On the right, there's a grey building. The ground is covered in snow, and a bicycle is parked on the right side. The text "Finding Beautiful" is overlaid on the bottom half of the image in a large, black, serif font.

Finding Beautiful



FOR SUPPORTING WOMEN

Sisters of the Crown

FINDING BEAUTIFUL

SISTERS OF THE CROWN

finding
beautiful
SISTERS OF THE CROWN

FOLLOW
US

INSTAGRAM: FINDINGBEAUTIFUL1

FACEBOOK: FINDINGBEAUTIFUL

Finding Beautiful is provided by Sisters of the Crown.
Sisters of the Crown is a 501(c)(3) non-profit service organization
affiliated with Radius Ministries in Leawood, Kansas.

Finding Beautiful Website: findingbeautiful.org

Connect With Us
myfindingbeautiful@gmail.com

[Facebook](#)

[Instagram](#)