



her Oasis

finding **your** beautiful

march/25

her oasis

Contributors

Sissy Reese

Anoushka Riley

Victoria Sandage

Ingrid Maddock

IN THIS ISSUE

5

Brushstrokes for Her Soul

8

Oasis Retreats

10

The Girl and Her Tree

13

Be Still and Know Book of Prayers

15

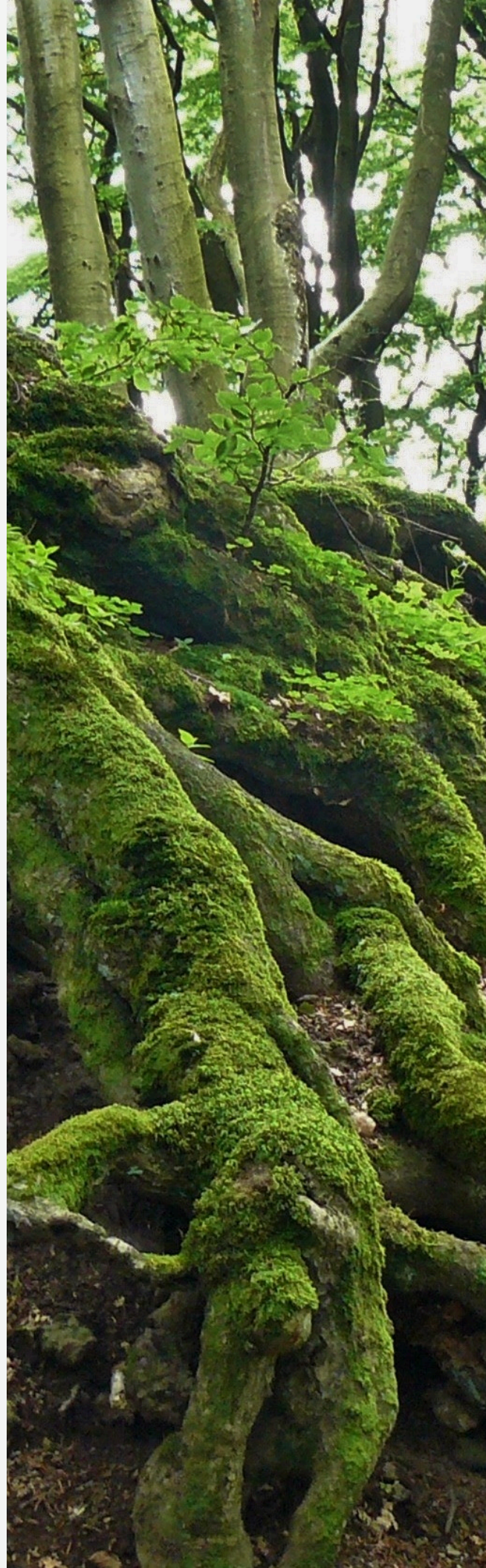
Five Minute Meditation

17

The Master's Will

20

Connect With Us





Brush Strokes
for Her Soul

root-bound

Hello Lovely.

Are you like a plant confined by its pot, needing more space?

We all encounter the effects of being root-bound in our lives—whether physically, mentally, spiritually, or emotionally. Our roots begin to tangle in childhood as we undergo experiences that shape our behavior, both positive and negative. As we progress through life, negative patterns can start to overpower the positive, leaving us feeling root-bound.

God begins at the roots, trimming away what isn't growing and loosening them to prepare us for His plan and purpose. When we are transplanted, He enriches our soil with nutrients, expanding our capacity to become who He intended us to be.

Father, guide us to recognize where we are root-bound in our lives. We long to be liberated, to spread our roots and flourish. Show us what is diseased and needs to be pruned by our Master Arborist. Set us free to see the truth so we can be replanted. In Jesus' Name. Amen.

My prayer is for you to understand the truth of your root structure and find freedom. Please consider joining us for our Stillness Roots retreat this April (details below) and stay encouraged on your journey by connecting with us on Facebook and Instagram.

finding stillness,

A handwritten signature in black ink that reads "Ingrid". The script is fluid and cursive, with the first letter 'I' being particularly large and stylized.

Contributors



Ingrid Maddock

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.](#)



Roots

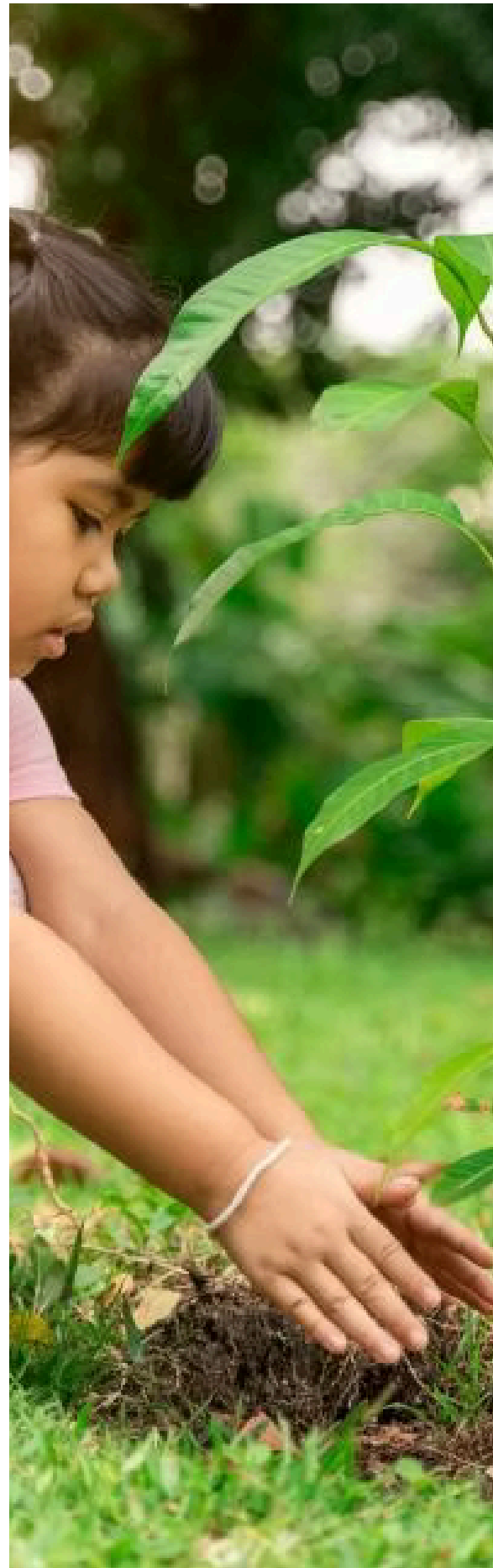
Identifying and Releasing What Is Keeping You Stuck

The Roots retreat is an opportunity to uncover any underlying aspects of our foundation that may hinder our connection with God. It serves as a chance to identify distractions and address the root causes of our challenges, enabling us to achieve freedom.

Oasis Retreats offer women a safe, comfortable space to connect personally with the Father. (We like to call these vertical encounters.) Since we're all unique, the Father relates to each of us in His special way. Every retreat is a tailored journey for healing and renewal.

Saturday, April 5th from 9:00 am – 1:30 pm

The Girl and Her Tree
An Allegory About Roots
by Ingrid Maddock



A little girl enthusiastically planted a tree and tended to it every day, thrilled to see her tiny seedling begin to sprout. She watched in wonder as delicate branches emerged, shaping the seedling into a young tree. Even though she wasn't certain about the best way to care for her tree, she guessed that a cup of water each day would be enough for it to flourish. Time passed and her visits to the tree became less frequent, as she discovered other adventures that distracted her from her little tree.

One day, she noticed something unusual about the leaves on her tree's branches—they didn't look as vibrant as before! Her beloved tree was starting to wither. Eager to find a solution, she turned to her father for guidance. He joined her outside and asked if she had been feeding her tree. "*Oh, no,*" she exclaimed in surprise, it was growing beautifully, and the leaves were so green, so why would I need to feed it? He then inquired if she had been watering her tree, and she said "*I have been giving it one cup of water each week when I remember,*" thinking that was sufficient since her tree appeared green and tall. He explained that every tree thrives on nourishment and needs hydration at the roots to flourish; without it, a tree will eventually wither.

He said, "*My daughter what is visible above the ground doesn't tell the whole story. To see your tree flourish, you must tend to the roots.*"

Like the *Girl and her Tree*, our lives are grounded by roots. And like the roots of this tree, we absorb what surrounds us. However, not all we absorb is beneficial. A Twinkie and a bowl of kale salad offer vastly different nutrition. Similarly, not all life experiences heal; some harm and weaken our root structure.

Our roots have endured trauma, abuse, abandonment, disappointment, shame, hate, and deceit. These negative influences penetrate our root system, causing disease at its core.

Yet, we hold the remedy to heal our roots at their core—**Abba!**

Our Father, our Abba, steps in to heal and eradicate the disease, allowing new growth. Only the Father can do this. He desires for each of us to be freed from the grip of persistent diseased behaviors. As He reveals our malnourished, depleted, diseased roots, He empowers us to uproot them and replace them with fresh, healthy seedlings.

Perhaps today, you feel the Father calling you, offering to assist you in removing your old, diseased roots and embracing the freedom to cultivate something new.



be still and know

book of prayers



BE STILL AND KNOW BOOK OF PRAYER

from Finding Beautiful

Book released this May.

Sample Prayer: A Prayer of Letting Go

Father,

Please help me to let go. It is incredibly challenging, and I am uncertain how to proceed. The weight of my burdens is overwhelming, trapping me in a relentless cycle of anxiety and regret. Each attempt to uproot the things that hold me back is met with fierce resistance as if I am desperately clinging to them. These emotions and memories have become deeply ingrained in my being, making it difficult to separate myself from them. I long for the freedom that comes with letting go, yet I am paralyzed by fear and uncertainty.

Please guide me through this process. Please show me the steps I need to take to find peace and healing. I seek Your wisdom and strength to navigate my emotions and to understand that You want me to move forward, release the past, and embrace the future You have planned for me. I trust in Your love and support. I need You desperately.

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

Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of His love will become the very source and root of your life. Then you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate **and far-reaching is His love! How enduring and inclusive it is! Endless love beyond measurement that transcends our understanding—this extravagant love pours into you until you are filled to overflowing with the fullness of God!** Ephesians 3:17-19 {TPT}

Visio Divina – What do you see?



Posture of Prayer

Thank you, Father, for the insights gained through this image. As we relax in Your Presence, help us see as You see. Please help us to be still. Draw our attention to what we need to see as You expose the diseased roots in our lives.

Meditation

Rooting ourselves in faith and understanding requires intentionality and commitment. We must deliberately carve out time in our busy schedules for prayer, reflection, and communion with Him, establishing a sanctuary within our hearts for retreat and reconnection. This practice enhances our ability to discern what truly matters and prioritize our spiritual journey over any distractions competing for our attention. By uprooting these distractions, we can fully embrace the intimacy He offers, enriching our lives and transforming our relationship with Him and others.

Questions to Ponder

How are you finding yourself distracted?

The truth is I am my Father's child

I make Him proud and I make Him smile

I was made in the image of a perfect King

He looks at me and wouldn't change a thing

The truth is I am truly loved

By a God who's good when I'm not good enough

I don't belong to the lies, I belong to You

And that's the truth.

This is the truth! You are Your Father's child!



THE MASTER'S WILL

By *Unknown*


Photography by *Victoria Sandage*

I laid it down in silence
This work of mine,
And took what had been sent me—
A resting time.
The Master's voice had called me
To rest apart;
"Apart with Jesus only"
Echoed my heart.

I took the rest and stillness
From His own hand,
And felt this present illness
Was what He planned.
How often we chose labor,
When He says "Rest"—
Our ways are blind and crooked;
His way is best.

Work He Himself has given,
He will complete.
There may be other errands
For tired feet;

There may be other duties
For tired hands,
The present is obedience
To His commands,
There is a blessed resting
In lying still,



It is not only "working."
We must be trained;
And Jesus "learned" obedience,
Through suffering gained,
For us His yoke is easy,
His burden light,
His disciple most useful,
And all is right.

We are to be His servants;
We never choose
If this tool or if that one
Our hands will use.
In working or in waiting
May we fulfill
Not ours at all, but only
The Master's will.

A photograph of a forest scene. In the foreground, large, gnarled tree roots are covered in thick green moss, sprawling across the ground. In the background, several tall, slender trees with light-colored bark stand against a bright, slightly overcast sky. The overall atmosphere is serene and natural.

Finding Beautiful



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myfindingbeautiful@gmail.com

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