



United
Women
in Faith

Lake South District

SACRED
Soul Care



United
Women
in Faith

Lake South District

Welcome

Alison Jenkins, Spiritual Growth Coordinator

United Women in Faith Lake South District



United
Women
in Faith

Lake South District

Opening Prayer

Rev. Marcus Tabb, Pastor

South Shore United Methodist Church



United
Women
in Faith

Lake South District

Our Purpose

We are a community of women whose purpose is to know God and experience freedom as whole persons through Jesus Christ. Our purpose is also to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

Diana Davis, E&I Coordinator

United Women in Faith Lake South District



United
Women
in Faith

Lake South District

Introductions

Name, Church, United Women in Faith member?
Favorite Bible Verse or Quote



United
Women
in Faith

Lake South District

Scripture

Jewel Herrell, Spiritual Growth Coordinator

South Shore United Women in Faith



United
Women
in Faith

Lake South District

Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you *rest*. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find *rest for your souls*. For my yoke is easy and my burden is light.”



United
Women
in Faith

Lake South District

What is Soul Care?

What is the soul? How does Jesus give us rest?

Need Soul Care?



United
Women
in Faith

What is Soul Care?



United
Women
in Faith

Lake South District

Soul care is seeking wellness for our whole selves. In doing so, we can deepen our understanding of who and how God created us to be.

Soul care reminds us that, though we as individuals often try to carry the weight of the world, we need one another, just as we need God.

Soul care is an opportunity to be reconnected with our spiritual selves and one another; it is a time to remember that we are all in this together.



United
Women
in Faith

Lake South District

Soul Care is Sacred

When we take the time to slow down, reflect, and renew, we claim the joy, the hope, and the fulfillment of being in harmony with self and spirit.





United
Women
in Faith

Lake South District

Virtual Prayer Circle

Sharing and uplifting of individual prayers



United
Women
in Faith

Lake South District

Benediction