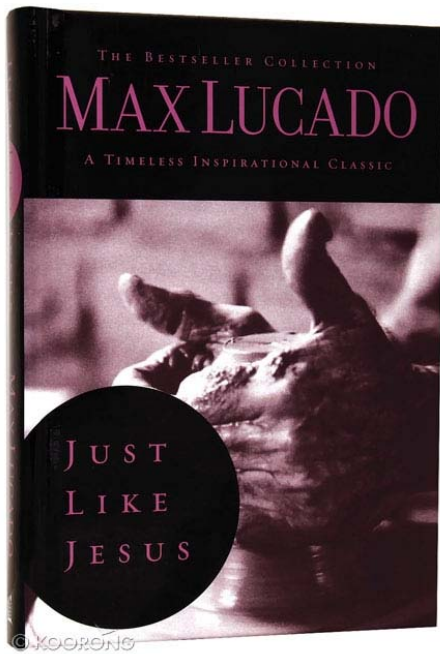


Vivid

Women of Substance



'Living Life'

Vivid invites you to join us in the 'Living Life' program which is run at our Tuesday morning meetings. Our lives are full of challenges, some of which can leave us feeling overwhelmed and stressed. Sometimes we also feel like our lives are 'stuck in a rut'. Living Life is about living the best life we can. It's about remembering to 'take it to God' and learning practical ways of helping ourselves. This term we will focus on relaxation, letting go of worries and dealing better with stress in our lives.

This term we will be delving into Max Lucado's classic, 'Just Like Jesus'.

From the back cover:

"God loves you just the way you are. But He refuses to leave you there. He wants you to be..... Just Like Jesus.

Isn't that good news? You aren't stuck with today's personality. You aren't condemned to grumpy-dom. You are changeable. You are tweakable. Even if you've worried each day of your life, you needn't worry the rest of your life. So what if you were born with a sour outlook, you don't have to die with one. God will change you. And He will change you to be just like Jesus.

Can you think of a better offer? Jesus felt no guilt; God wants you to feel no guilt. Jesus had no bad habits; God wants you to do away with yours. Jesus had no fears; God wants the same for you. Jesus had no anxiety about death; you needn't either. God's desire, his plan, his ultimate goal is to make you into the image of Christ."

Come and join us as we journey through this classic from Lucado's Bestseller Collection and, together, become more like Jesus!

"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 (The Message)