

W.O.V.E.N.

Women Of Virtue & Excellence Network

# NEWSLETTER

Fasten Your Seatbelt!!!

VOLUME #4



An obstacle course is a series of difficult, physical barriers an individual or team must navigate, while often racing against a clock. Obstacles courses can include running, climbing, jumping, crawling and balancing elements with the aim of testing endurance. Occasionally, a course involves mental tests.

During a spiritual retreat, the ladies took a quick recovery from the previously exasperating challenge. We huddled up to encourage and inspire one another. Exhorting ourselves, we kept insisting that we could outlast our fatigue. By the way, our bodies were throbbing, and we were feeling total exhaustion. But, we mustered up the fortitude to get back on focus with our minds determined to stay in the game.

Some of the women were beginning to grumble about their legs feeling unstable due to the prior obstacle course. The 100-yard dash pushed many close to the edge - and for good reason. On, boy! My body was not prepared for sprinting down the field. Running demands strenuous work on the hamstring and calf muscles. Surprisingly, we did have some ladies who exhibited the ability to bounce back due to their core strength. Our abdomen is considered our core, and a few participants experienced little pain during certain obstacle challenges.

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Core strength also causes you to maintain your equilibrium. If your core is strong, then you are less likely to experience injuries and it fortifies other areas of your body.

Let's take a sidebar for just a moment. We all have core values and beliefs that shape the way we view life's circumstances. Ultimately, this foundation affects how we react under pressure. Our beliefs programmed during childhood and adolescence created automatic, reactive attitudes and actions. Subsequently, those reactions helped in determine how we spontaneously respond to every aspect of our lives. Core values and beliefs have made us who we are today - both bad and good. So, what is holding you from bouncing back, or keeping you stuck; justifying your misery, lack, fear or dysfunction?

Whatever the reason, we must realize, that setbacks are opportunities for comebacks! Many times, people count you out. They will tell you that you will never bounce back, or overcome a obstacle in your life. You know those critics, they attach themselves to you one white on rice. Then, here you come; out of the aches of overwhelming odds. You're back in the game.

We knew this setback was only a method to test our resilience; ability to rebound, our elasticity, and ability to recover. Our commitment to outlast our opposition would be our driving force to subdue our counterpart. Tenacity, which means determination, stamina, unshakable, uncompromising, strong-mindedness and firmness, was another link to overcome the obstacle course. Having a strategy is a must because it is the plan (blueprint). We could not win if we didn't have a scheme. It would not be accomplished through accidentally winning. The majority of the ladies were determined to win, they were no joke.

I know you to are no joke, and you are ready to win. So, fasten your seatbelt, gather your strategy, and get ready to cross-over the finish line!!!!

Pastor Linda G. Hodge

