



A Sip from the Cup...

Volume 1, Issue 1

April 15, 2004

Upcoming Retreat:

We are excited to announce our next retreat.

WHERE: Stone Mountain Plantation Inn

DATES: October 8th-10th

MUSIC: Watermark

MESSAGE: Dot Bowen

More details coming soon.



Cup of Joy's Mission:

To provide a getaway for women to revive their passion for God.

"And He said to them, 'Come away by yourselves to a lonely place and rest a while.'" Mark 6:31

A Note from the Head Teapot...

Hey girls, I just wanted to write a small note to let you know about some exciting news with "Cup of Joy." I felt like God did beyond my greatest expectations this last retreat. I just loved spending some quality time with Him and hearing about all the wonderful things He was doing in your lives. Since the retreat, He has been filling my "cup" with some bitter sweet things and asking me to drink from it. Many of you met my sister at the retreat, and I know you all fell in love with her. On February 26th, a day before her birthday, we were told that she had been diagnosed with Lymphoma, cancer of the lymph nodes. On March 9th, she began her chemo treatments. She has had several tests to discover that she has cancer in her neck, chest, spleen, and stomach. I do not have to tell you how difficult this has been for our family. As we began to walk this path that God

has allowed us to go down, I was reminded of the things God had put on my heart to say to you. One, that God loves me. Why is this important at this time? Because I need to know that He is *for* me and not *against* me. I need to know He's on my side and is my greatest friend. Two, He has not forsaken me and will hold me close when I do not think I can drink from my cup. I remember the night we were told the outcome of the test saying to the Lord, "I don't think I can drink this cup, but if I have to drink this I will need you to lift it up for me." Does my cup have tears? YES! Does my cup have JOY? YES! Where is the Joy in this suffering? I see His face, I feel His presence and I'm very much aware that I need Him so desperately. I have asked the Lord to hold on to me because I may have the tendency to let go, and I know I need Him so much! How about you? Since the retreat, are

you holding on to Him? Do you see His face in the midst of your tears? Are you holding on to His nail-scarred hand as you walk the path He has established for you? My prayer for you, as it is for me, is that we are always reminded that in the midst of difficulties or trials that come our way, He has walked before us and provided a way of escape as we look to Him sitting at the right hand of the Father cheering us on to continue to drink with Him from the cup He has poured for us. I love you and can say that I look forward to our next retreat with great expectations because I know that He is preparing in my heart a new message and allowing me to see Him in ways I can't explain. If this is what comes from difficulties then I guess I'll have to drink! I'll see you October 8, 2004!

Love ya,
Dot

My Cup Overflows...

...with His truth

"Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful." John 14:27

Jesus is trying to comfort His disciples because He knew that soon He would be turned over to the authorities and that He would be crucified. He knew they would be fearful and that they would not know what to do. Once



again, Jesus was looking out for the disciples to warn them of things to come. He talks about peace, but He explains there are different types of

My Cup Overflows...(continued)

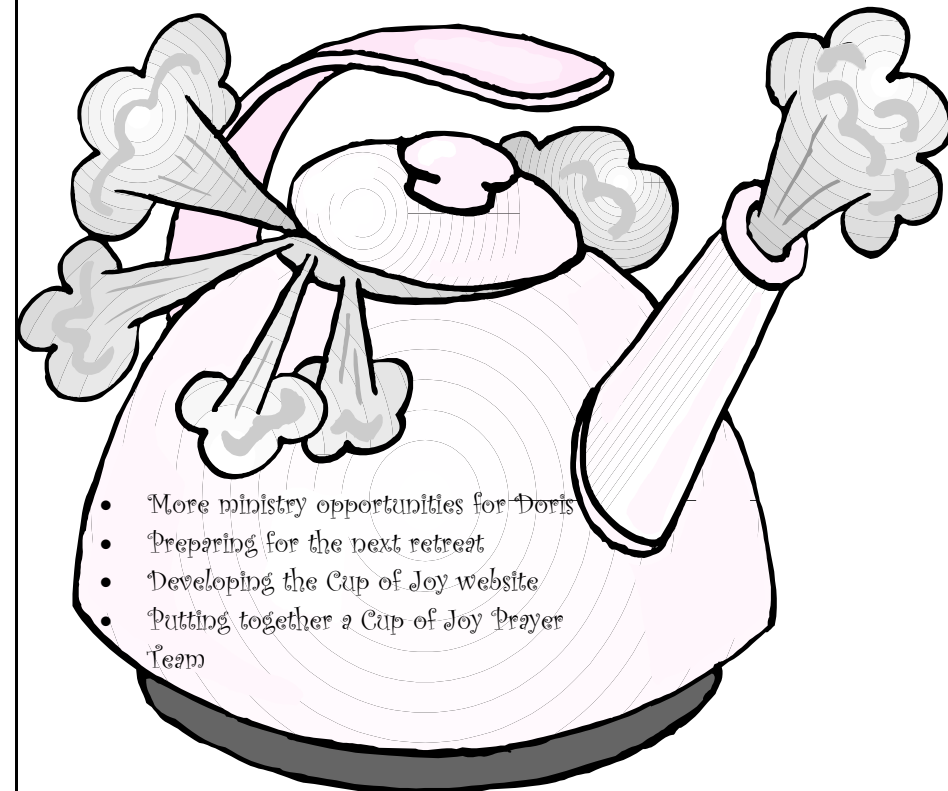
peace: the world's definition of peace and His definition of peace. What is the world's definition of *peace*? The world thinks that if you are successful, have power, and a life of rest and relaxation, you have peace. It's all based on conditions and circumstances that are pleasant and enjoyable. It's all about having fun and looking out for "Number 1." This certainly is not anywhere near the life that Christ lived. As a matter of fact, it could not be more opposite. Christ did not seek after a trouble free life, but He sought after a relationship with His most prized creation, man. He was willing to go through whatever it took to win our hearts. To bring us back in the right relationship with Him that was broken in the garden. The first part of John 14, He is talking about the Holy Spirit and that

it's the Holy Spirit that leads us to truth and leads us to Him. Peace is not a feeling it's a position that we have with Jesus who is "The Prince of Peace." As believers, we have peace because we have the Prince of Peace. Galatians 5:22 says that it's the fruit of the Holy Spirit along with joy, patience, kindness, goodness and faithfulness. You see, we do not have to worry about having peace, we have already been given peace and it's up to us to draw from Him. Remember that Jesus said He would never leave or forsake us so He's there with open arms wanting us to experience Him and to draw near to Him and to take His peace. It's not experiences or circumstances that give me peace; it's the Prince of Peace that lives in me. He is the rock that I cling to in the midst of the storm, and it's the same

rock I hold on to after the storm. HE IS MY PEACE. Nothing more and nothing less. So, if you have Him—you have it all! Put that in your cup and sip on it all day!



What's Brewing...



- More ministry opportunities for Doris
- Preparing for the next retreat
- Developing the Cup of Joy website
- Putting together a Cup of Joy Prayer Team



Thank You!

We want to express our gratitude to those of you who indicated an interest in volunteering, praying, and/or helping support the next Cup of Joy Retreat. We will be contacting you soon with more information about how you can help! We would also like to thank the Operations Team, the Cup of Joy Board, and the many volunteers who worked so hard to make the first retreat a success.



Splashes from 'The Cup' January 2004...

"This retreat has renewed my spirit and filled my cup with JOY!"



"This retreat carved out time for me to spend just praying and spending time with my Father."

"God has reaffirmed His desire for a love relationship with me..."



"We had time to absorb the truth of the messages and also enjoy the company of other women."

"I feel refueled to go home and be a mom/wife and do ministry!"

"God is making me think harder about areas of my heart that He is currently re-shaping."



"There is nothing like the awesomeness of singing as a group, praying, and worshipping together."

"...it has helped me start the journey I was looking for..."



"The retreat was a huge revelation for me, and I am so grateful for the time alone with Him!"

"God showed me a lot about priorities and simplifying."

"I never saw the importance of getting away with my Lord until now!"

"I needed this retreat so much!"

"It is so very evident to me that I was predestined to be here."

"I have seen and confessed more sin in my heart than I was aware of previously—God has peeled away more of me."



"I will be reflecting on these things for a long time..."

"I learned to be satisfied with my cup."

"This was such a peaceful, spirit-filled weekend!"

"...a wonderful God-filled weekend!"

