

SEASONS

The Discipleship Journal For Coaches' Wives



Welcome

Welcome! This magazine is in your hands for a reason! Even if you are not a coach's wife, we hope and pray that you will be blessed. Seasons was created to meet several different needs: a resource for personal growth, a tool to help develop local communities of coaches' wives, and a guide for our membership group and on-line studies. Our desire is to journey through the seasons of life together, growing in the Lord and embracing His call on our lives to be coaches' wives. So, whatever your season of life may be, we hope you will be inspired and encouraged through this discipleship journal designed for you!

*“For everything there is a season,
and a time for every matter under heaven.”*

Ecclesiastes 3:1

Editor's Note

Dear Friends,

The themes for our Fall issue are food and fellowship and not just because we are entering the Thanksgiving season! In the words of Truett Cathy, the founder of Chick-fil-a, "Food is essential to life, therefore make it good." While we would all agree that physical nourishment is essential, our hearts and souls long to be fed as well. We pray that this journal will do just that!

Growing up as the oldest of eight children, there was constant food preparation and always something to clean. I gravitated towards the cleaning chores vs anything related to cooking. My mother could go to an empty refrigerator and create amazing dishes for the masses, but I truly enjoyed making things beautiful before and after the meal, from setting the table to washing the dishes. Fast forward to marriage and having kids of my own, I obviously had to step up my cooking game! I still don't mind the cleaning, but cooking has never been something I look forward to. In fact, it has been overwhelming at times when we're all so busy and I'm trying my best to stay ahead of the game so we don't end up at the drive-through for dinner every night! Maybe you can relate?

However, I recently started using HelloFresh- one of the many meal kit companies making life easier for people like me! Instructions and ingredients for the pre-selected menu all arrive at my door on the day I request, which equals an enjoyable cooking experience with relatively little brain power required. More time to make things beautiful, more energy to clean up and best of all, more focus on my family because all the details of the meal have been taken care of for me.

"Taste and see that the Lord is good; blessed is the one who takes refuge in Him,"

Psalm 34:8

This is a great illustration for our discipleship journal. No one wants to be spiritually dehydrated or malnourished, but we often end up surviving on snacks without a healthy menu plan. The unique challenges of being a coach's wife can make it all even more difficult to live a healthy spiritual life, and the journey can be lonely as well.

But here is the thing:

The craziness of the coaching life should never be a barrier to growing as a disciple of Christ.

This belief is the passion of Coaches' Wives Ministry. We want you to always have community, on-line and locally, wherever the coaching adventure takes your family. We want you to have help and encouragement in studying God's Word on your own, and Bible studies with other women who "get it." The planning has been done, tools and resources prepared, and you get to enjoy the journey! Simply put, we want you to have a HelloFresh discipleship experience! More importantly, we want you to experience fulfillment in Jesus- the Bread of Life and the Living Water.

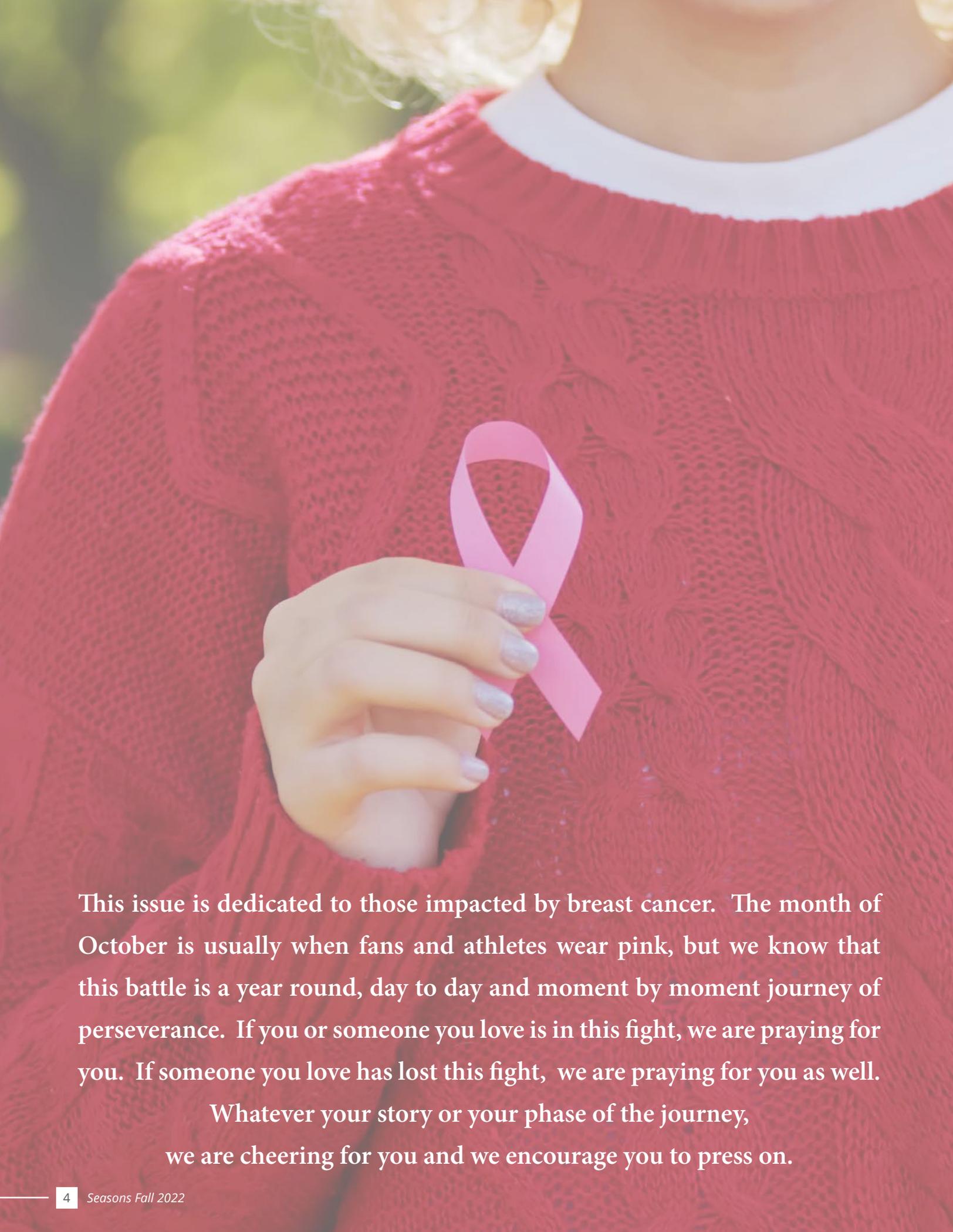
"I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst." John 6:35

Praying for you as we kick-off another season!

Blessings,

CANDACE LANE
*Editor In Chief & Founder,
Coaches' Wives Ministry*





This issue is dedicated to those impacted by breast cancer. The month of October is usually when fans and athletes wear pink, but we know that this battle is a year round, day to day and moment by moment journey of perseverance. If you or someone you love is in this fight, we are praying for you. If someone you love has lost this fight, we are praying for you as well.

Whatever your story or your phase of the journey, we are cheering for you and we encourage you to press on.

Fall Issue 2022

Journal Guide

SEPTEMBER

The CoverGirl Collection

OCTOBER & NOVEMBER

“Table Talks”

Bianca Juárez Olthoff

Content

Editor’s Note

Salt & Light

“The Gentle & Quiet Spirit”

The Coaching Family

“My Kitchen Table”



*“Is anyone thirsty?
Come and drink—
even if you have no money!
Come, take your choice of wine or milk—
it’s all free!
Why spend your money on food that does not give you
strength?
Why pay for food that does you no good?
Listen to me, and you will eat what is good.
You will enjoy the finest food.
The rain and snow come down from the heavens
and stay on the ground to water the earth.
They cause the grain to grow,
producing seed for the farmer
and bread for the hungry.
It is the same with my Word.
I send it out, and it always produces fruit.
It will accomplish all I want it to,
and it will prosper everywhere I send it.”*

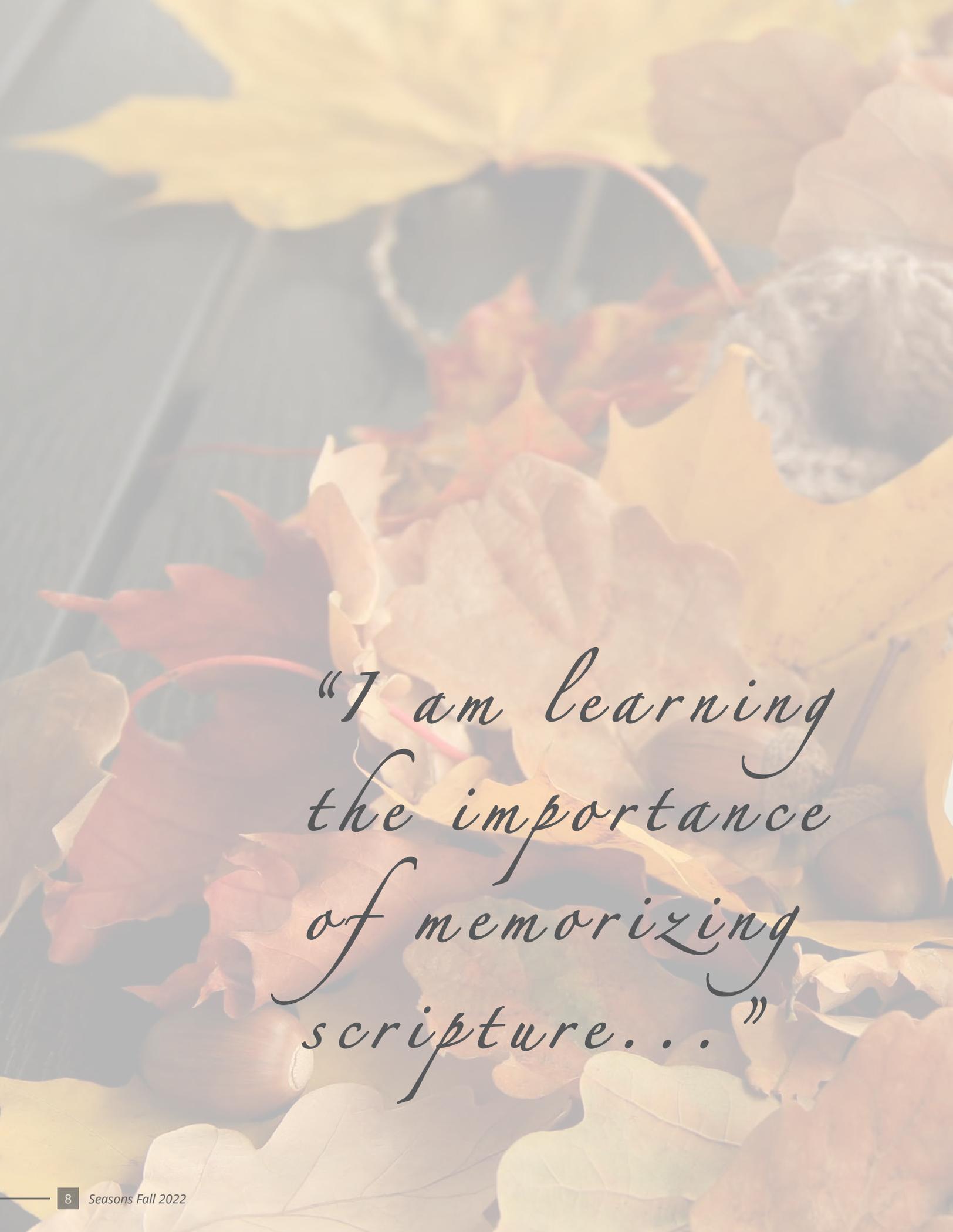
Isaiah 55:1-2, 10-11, NLT



The Covergirl *Collection*

One of our core ministry values is God's Word, and for this reason we created The CoverGirl Project. With no reading plan or group requirement, whether you've been in the Word for years or just getting started, the goal is ultimately to cover every word of God's Word from Genesis 1:1 to Revelation 22:21! Everyone goes at their own pace, starting from their own place in the Word. In the following section, one of our coaches' wives shares what she's been learning on her journey.

Join The CoverGirl Project meeting via zoom the first Monday of every month from 8:00-9:00 pm EST.



*“I am learning
the importance
of memorizing
scripture...”*

September

“I am learning the importance of memorizing scripture. Sometimes I do really well, and other times not so much! As I came across the story in Luke 4 of Satan tempting Jesus in the wilderness, it became clear to me that the way Jesus fights Satan’s attacks is by quoting scripture. With every challenge, Jesus replied, “It is written...”

At that moment it hit me- I can do the same thing by being in the Word and memorizing scripture, so that when I face attacks, I can fight back by simply quoting the Word.

With every temptation or lie the enemy throws my way, I need to combat that lie with “It is written...” and focus on His truth and His promises.

Lie: “I’m not good enough.”

Truth: “It is written...” “God created ME in His own image.” (Genesis 1:27)

Lie: “I am not doing enough for my family, for my husband and his team.”

Truth: “It is written...” “Cast all of your anxiety on Him because He cares for you.” (1 Peter 5:7)

Lie: “Why do I struggle with close friendships?”

Truth: “It is written...” “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” (Proverbs 3: 5-6)

*“Cast all of your
anxiety on Him
because He cares
for you.”*

1 Peter 5:7



Tara Sammons has been a coach’s wife for 14 years and is the mom of 3 kids, ages 10, 7 and 5. Her husband has coached baseball and softball, and is currently the head baseball coach at Osborne High School in Smyrna, Georgia. Tara serves on the CWM community care team.



Our hands are a gift. With them we can serve a meal to our families. Shake hands with a new friend. Write, type, paint, create and communicate! Hold a football, volleyball, baseball bat or even arm wrestle!

We wanted to share this discipleship tool from the Navigators that uses the hand as an illustration to breakdown the aspects of growing in God's Word.

Hear: Romans 10:17

Read: Revelation 1:3

Study: Acts 17:11

Memorize: Psalm 119:9-11

Meditate: Psalm 1:2-3

HEARING: Pastors and Teachers who teach from the Word provide fresh insight into the Scriptures. The weakest finger (the pinkie) represents hearing, because we retain only five percent of what we hear. Romans 10:17

READING gives us an overview of the Bible and is the foundation of a daily quiet time. This is represented by the ring finger. We generally retain 15 percent of what we read. Revelation 1:3

STUDYING the Scriptures deepens our convictions. It requires greater time and effort but results in increased knowledge of the Bible. Most people retain 35 percent of what they study.

This is represented by the middle finger. Acts 17:11

MEMORIZING God's Word enables us to use Scripture, "the sword of the Spirit" (Ephesians 6:17), to overcome temptations and to have verses readily available for ministering to others. The index finger, our strongest finger, represents memorization. We remember 100 percent of what we memorize if we consistently review it. Psalm 119:9-11

MEDITATION is the process that accompanies each of the other four methods of Scripture intake. This is why meditation is assigned to the thumb. Only the thumb can touch all the other four fingers. Also, you cannot grasp the Bible without using the thumb to grip it. By meditating on God's Word as we hear, read, study, and memorize, we discover its transforming power at work in us. Psalm 1:2-3

This tool is easy to remember and highlights the five methods of learning from the Bible. Use it to move forward in your own spiritual growth and use it to teach your kids the importance of the Word as well.

“Have you ever thought about the central role the table plays in the lives of Christians? The Bible is full of references about food, drink, eating, and fellowship. Jesus knew the power of the table and used it to teach and embody truth about himself. And when we sit down for a meal with others, we get to know them better while we nourish our bodies and souls. In this seven-session series, complete with simple yet delicious recipes, Bianca Juárez Olthoff leads us through Jesus’s interactions around the table, inspiring us to invite people into our homes, open the Word of God, and break bread together.”

CWM Members:

This study description for the video series “Table Talks” can be found on our RightNow Media channel. Join the CWM Membership to get access to these videos for free! We will use them in our study over the next seven weeks!



App Download

October & November

Table Talks

WEEK 1: *Do I Have a Seat at the Table?*

WEEK 2: *A Dinner Party for 5,000*

WEEK 3: *Priorities*

WEEK 4: *The Uninvited Guest*

WEEK 5: *Who Sits at the Table?*

WEEK 6: *Invite Yourself Over*

WEEK 7: *The Last Supper, For Now...*

Do I Have a Seat at the Table?

*“Behold, I stand at the door and knock. If anyone hears my voice and opens the door,
I will come in to him and eat with him, and he with me.” Revelation 3:20*

READ: Luke 14:16-23

HOW DID GOD ENCOURAGE YOU THIS WEEK THROUGH THE SCRIPTURE OR VIDEO?

Personal Reflection and Application: What are your main insecurities? (everyone has them!)

How do they affect you when you move to a new place for a new coaching job? Is there a Scripture you could memorize to help you believe that the Lord has you there for His purposes? That you belong at the new “table”?

A Dinner Party for 5,000

*“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand,
that we should walk in them.” Ephesians 2:10*

READ: Luke 9:10-17

HOW DID GOD ENCOURAGE YOU THIS WEEK THROUGH THE SCRIPTURE OR VIDEO?

Personal Reflection & Application: Have you ever wanted to serve God but felt like you had little to offer? Think of an upcoming opportunity or situation as a coaching family that seems overwhelming. Ask the Lord to show you how to serve Him in it, even through your fears, remembering how Jesus multiplied the broken bread.

Priorities

“Seek first His kingdom and His righteousness and all these things will be added to you as well.”

Matthew 6:33

READ: Luke 10:38-42

HOW DID GOD ENCOURAGE YOU THIS WEEK THROUGH THE SCRIPTURE OR VIDEO?

Personal Reflection and Application: When you have people over, do you get lost in your task list? How can we keep the right focus as we work? For example, if you are feeding the team, could you pray for the players one by one as you prepare the meal? Write your thoughts and ideas below.

The Uninvited Guest

“We love because he first loved us.”

1 John 4:19

READ: Luke 7:36-50

HOW DID GOD ENCOURAGE YOU THIS WEEK THROUGH THE SCRIPTURE OR VIDEO?

Personal Reflection & Application: Do you find yourself judging other coaching families based on their reputation? How can we extend grace and refrain from gossip? Criticism is part of the coaching world, so ask the Lord to show you how to be gracious in the face of criticism from parents or on social media.

Who Sits at the Table?

“Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves.”

Philippians 2:3

READ: Luke 14:7-11

HOW DID GOD ENCOURAGE YOU THIS WEEK THROUGH THE SCRIPTURE OR VIDEO?

Personal Reflection and Application: Have you ever had to swallow your pride when losing to a rival team or surviving a losing season? What’s the balance in being other-centered and being competitive, especially as winning is often the basis of job security? Ask the Lord to show you.

Invite Yourself Over

“For the Son of Man has come to seek and to save the lost.”

Luke 19:10

READ: Luke 19:1-10

HOW DID GOD ENCOURAGE YOU THIS WEEK THROUGH THE SCRIPTURE OR VIDEO?

Personal Reflection & Application: Are there any coaching families joining your staff that you could drop by and welcome? (with cookies!) Do you know of a family from a rival school who could use some encouragement? Ask the Lord to show you how to bless a “Zaccheus” in your life.

Every program is different. How, when and where can you gather with other wives?

Here are some suggestions from our CWM members to get you started. Notice that there is always food involved!

In the end zone (high school football)- BRING SNACKS AND LAWN CHAIRS!

Coffee Shop on a Sunday Afternoon

Dinner before the game with kids! At home or at the field!

Start brainstorming about how to build community with other coaches' wives by gathering together!

Remember, you can all use a SEASONS discipleship journal to study the Bible together and use RightNow Media!



Salt & Light

“Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.”- Colossians 4:5-6



How can we be salt and light on the mission field of sports?

It might be tempting to equate “making a difference” with “making a big meal for the team” or some other huge undertaking. Every coach’s wife is different with different gifts and abilities, but one thing is the same for everyone. It is NOT about us. Jesus is the light and He wants to shine His character through us. Our words and attitudes “season” our surroundings like salt, and many times a gentle and quiet spirit is the loudest testimony and the brightest light of all.

The Gentle & Quiet Spirit

I love going to my husband's football games, I love the energy and excitement of the games. I also enjoy getting dressed up for the games. Lately, the schools have had themed games i.e. tourist night, 80's night, black out, pink out, or just school spirit. My husband's current school goes all out for themed nights and the student section is full of crazy teenagers dressed up, painted and energetic for their team. You would think based on the energy and the outfits that the school had this amazing football team, when in fact we were 1-9. But because of the social media post, energy, and hype around the team, the outside community does not know the actual record. I run into people all the time that comment on how great the team is based on its social media presence.

This same thing can relate to our outward appearance and our spiritual lives. We can look the part, go to the right church, and say the right things, when really our spiritual lives are losing. I have gone through seasons when my focus was not on my hidden person but my outward. My thought life has not been focused on Jesus, rather on work, worry over my kids

or on my husband. I will become fixated on losing 5 lbs, building muscle, or getting a new outfit. These things in themselves are not bad, but when my focus is on them more than Jesus and His grace, I get myself in trouble. This verse always seems to ground me back to what God finds worthy. I have it on my bathroom mirror and have recently started to meditate and pray to have a quiet and gentle spirit. Gentle means kind, mild, calm, something we can only achieve through Christ in us. It is always a temptation for me at the football games to talk back to the dad that is yelling at the coach or to gossip with the parents, or at home to get frustrated at my kids or husband and overreact. It is sobering to think how this displeases God. I love how He has given us the tools to become gentle and quiet through the Holy Spirit and the Fruit of the Spirit; love, joy, peace, kindness, goodness, faithfulness, gentleness, and self control.

I hope this season that as we focus on our hidden person, we will be like David saying "Let the words of my mouth and the meditation on my heart be acceptable in Your sight, O Lord, my strength and my Redeemer." Psalms 19:14.

“Your adornment must not be merely external—braiding the hair, and wearing gold jewelry, or putting on dresses, but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God. “

1 Peter 3:3-4



Aprille Waldrop lives in Merritt Island, FL with her husband and 4 kids, ages 14, 7, 4 and 2. Her husband is currently the head football coach at Cocoa Beach High School, and she is a Licensed Clinical Social Worker currently working as a grief counselor and hospice care.

Community Prayer Walks

Note: Throughout your prayer time of supplication, include prayers of adoration and praise, thanking God that He is faithful in His promises and that His Word is true.

“Commit your way to the Lord; trust in Him and He will do this: he will make your righteousness shine like the dawn, the justice of your cause like the noonday sun.” Psalm 37:5-6



ADMINISTRATION

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight.” Proverbs 3:5-6

Lord, please give our administration courage, strength, love and discernment to make the right choices for our children. May they be people who want to serve You and use their positions of influence to shine Your light of truth in every school system.

FAMILIES AND COMMUNITY

Lord, please unite us in the common vision to guide our children and community to Your Word and Your will. We pray for the salvation of all parents, the strengthening of all families and the wisdom to know how to raise up a generation who loves You first and most.

ELEMENTARY SCHOOLS

“Train a child in the way he should go and when he is old he will not turn from it.” Proverbs 22:6
May the students at _____ be blessed with godly teachers. Help them know you as Lord & Savior at an early age, and please protect them from the destructive influences of the world.

MIDDLE SCHOOLS & HIGH SCHOOLS

“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.” James 1:5

Lord, let the students of _____ know that they are your chosen people, holy and dearly loved. May they clothe themselves with compassion, kindness, humility, gentleness and patience. Please let these young students find their identity in You, and not in the approval of others in their circle of friends or on social media platforms.

Lord, please fill the staff of _____ with the knowledge of Your will through all spiritual wisdom and understanding, that they might live lives worthy of You, Lord, and please you in every way.

COLLEGE

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Galatians 6:9

Lord, please give the students and staff of _____ vision to impact the world for You. Do not let them forget Your words or swerve from them. Cause them to love wisdom and to value it above all worldly desires and accomplishments. Impress on their hearts Your plans for their lives and how they can use their gifts and abilities for Your glory.

A group of women are shown in profile, smiling and reading books outdoors. The woman in the foreground has long brown hair and is wearing a purple wristband. The woman next to her has blonde hair and glasses. They are all looking down at their books. The background is a soft-focus green landscape.

Our Core Values

God's Word

Gospel of Grace

Growth through Discipleship

Generosity

Global Vision

“Serving Coaches’ Wives through Community, Resources & Leadership Training”

The Coaching Family

As we seek to serve athletes, teams and communities, it is easy to give our “left-overs” to our families. The next testimony is a beautiful, practical example of how to love our families as our first ministry priority. We hope you all have a blessed Thanksgiving holiday, and that our football coaching families make it to the playoffs!

“A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.”

John 13:34 ESV

My Kitchen Table

“While breakfast may be the most important meal of the day, starting your day in the Word will fuel your soul...”

As we trade the sultry days of summer for the crisp cool days of fall, I am reminded of the sites and smells of the season. Pumpkin spice begins to take over everything from our coffee, to candles, to food products. The greasy smells of concession stands and fair food reminds me of football and fall. Before long we will gather together and the smells of a Thanksgiving feast will fill our kitchens.

Fall also brings with it a business like no other season. With the start of school and practices, dinners are often in the car, picked up in a drive thru, or what we commonly referred to as “fend for yourself” or eat a bowl of cereal. Dinner around the table becomes harder to do and we have to make more of an effort to gather together as a family. Having been through twenty eight seasons with my coach, I can’t imagine how many meals I ate alone with the kids with his food tucked away in the microwave. Then when he came home, I resumed my place around the table while he ate, so that I was intentionally making time for him in the business.

My kitchen table is an important place in my home. It is not only where we gather to eat, talk, or play games, it is also my meeting place with the Lord each morning as I read His Word. The table is where I “taste and see that the Lord is good.” (Psalm 34:8 NIV) While my table is worn with age and really needs a good refinishing, it is where I meet and talk with God, pour out my thoughts, questions, concerns, and more. Many times I have looked up to share something that I am learning about our Father. To explain a truth that has been revealed or to simply sigh, bow my head and pray.

Yes, this season is busy and time is always going to be an issue. However, I’ve learned that just as I was intentional about sitting with my husband so he didn’t eat alone, I must also be intentional about spending time in God’s Word. Feasting on God’s Word provides us with a “spiritual milk, so that by it you may grow up in your salvation” (1 Peter 2:2 NIV). It teaches us that “Man shall not live on bread alone, but on every word that comes from the mouth of God” (Matthew 4:4 NIV). While breakfast may be the most important meal of the day, starting your day in the Word will fuel your soul.

It took me many years and a lot of excuses to get to the point of reading my Bible daily. However, just as I am thoughtful about sitting down with my husband after a late practice, I am just as intentional about sitting and opening the Bible around my table in the mornings. So while the fall season offers many opportunities to gather around the table with family and friends, I invite you to pull up to your table and feast on the Word of God. “The grass withers, the flowers fall, but the word of our God endures forever” (Isaiah 40:8 NIV).



Janie Shiflett lives in Rome, GA and has enjoyed twenty nine seasons with her husband Jeff. He is currently the Athletic Director for his school and has coached football, baseball, and wrestling during his career. The mother to three sons and a daughter in love, she also works as an Instructional Technologist for her school system

Upcoming Resources...

November 1st Book Release

“PRIZED: Identity in Christ”

A Devotional Study for the Coach's Wife

December 7th Surprise Launch



Upcoming Events...

CWM Christmas Luncheon

December 3rd, 2022

10:00 am-12:30 pm

Bethlehem, GA (with Livestream)

CWM Annual Gathering

February 23-25, 2023

(more info to come!)

Leadership Training

God has called us all to make disciples and to be disciples. As coaches' wives, we do have a special platform of influence, however, we all have specific gifts and callings. Leadership training is a "no commitment" commitment, because it's not about preparing to lead in CWM. You may complete the course and realize that the Lord is calling you to focus more on your children, or reach out to another woman at work- or God might be calling you to serve coaches' wives in this ministry. Our goal is to help you discover what the Lord has for you, and to provide the tools and support you need. We cover the 5 values of the ministry in this 6-week training. We hope you can join us in the journey!

*Let us know how we can serve you!
info@coacheswivesministry.com*



If you are a coach's wife and have yet to join us, we hope you will get connected!

To learn more about our membership you can go to our website or...

DOWNLOAD THE COACHES' WIVES MINISTRY APP!

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Stay connected and get the latest content.



DOWNLOAD THE APP



Members can sign up for small groups and participate in leadership training as well.

Small Groups:

We have groups throughout the year in different time zones, and each study lasts about 4-6 weeks. We usually use RightNow Media@ Work videos, and we go through the lesson together in a one-hour zoom call each week! Usually 6-10 women in a group, so bring your favorite beverage, wear your pajamas and join us!



CWM is “Discipleship Designed for Coaches’ Wives,” meaning that we want to provide opportunities for intentional, consistent growth, but we know that the coaching life is not a stable, secure career choice! That being said, YOUR SEASONS will look different throughout the years, and there is NO OBLIGATION to do anything listed above. But we, as a community, are here for you. Cheering for you. Available to you for prayer, support and life coaching advice, or training to help you start a local outreach in your area..

“Coaches’ Wives Ministry is a global outreach designed to strengthen and equip coaches’ wives through discipleship on the mission field of sports.”

FALL 2022 ISSUE

SEASONS

A quarterly discipleship publication of
COACHES’ WIVES MINISTRY

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To Give



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