

SEASONS

The Discipleship Journal For Coaches' Wives



 COACHES'
WIVES
MINISTRY

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,

As I write this, my family is in the midst of a transition. We are selling the house, looking for a rental, and moving into a new coaching job, and if you are a coach's wife, you get it! This is part of the coaching journey we've knowingly (or unknowingly) signed up for!

No matter how challenging, it is in seasons such as these when I'm reminded that this earth is not our home and we are just passing through.

It always becomes more real to me during trials, distress and times of uncertainty, not just in my personal life but in the world as well. So many need to know that the suffering is temporary when we are looking towards our eternal home, and the platform we have to share this on the mission field of sports is the reason many of us got into coaching in the first place! However, during this time on earth we do need a place to live physically, and I am so thankful that the Lord is in control of this real estate craziness! And I praise Him for a spiritual resting place that can ever, only be found in Him.

He is the foundation of the home on which I stand.

“For no one can lay a foundation other than that which is laid, which is Jesus Christ.” 1 Corinthians 3:11 (ESV) ”

He is the shelter of the home which protects us from the storms.

“You hid them in the shelter of your presence...” Psalm 31:20 (NLT)

He is the dwelling of the home, the place of unconditional love, healing and security.

“God's a safe-house for the battered, a sanctuary during bad times.” Psalm 9:9 (MSG)

These statements are not just scriptural observations, they are the blueprint for rest and peace.

“My people will live in safety, quietly at home. They will be at rest.” Isaiah 32:18 (NLT)

Due to the logistics of moving, this might not be the most physically relaxing summer. But I am praying that my heart and mind will rest. We don't have to wait until heaven to abide in Him, and the joy of it all is that He is with us now, dwelling in us when we belong to Him.

“The one who keeps His commandments abides in Him, and He in him. We know by this that He abides in us, by the Spirit whom He has given us.” 1 John 3:24

I pray that the Lord will bless your summer season with family memories and smooth transitions. Above all, I pray that the Lord will teach us more about the meaning of finding our home in Him.

Blessings,

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



This issue is dedicated to high school seniors. To those young adults who are going out into the hurting world, facing greater challenges than the generations before them. May they hunger for God's Word and discover more about how they've been uniquely created, the direction He has planned for their lives to use them for His glory. May they use the media platforms of their culture to speak truth and life, and be protected from the evil one. May they find a gospel-centered community to support them in the next phase of the journey. Above all, may they discover that they never have to leave home, when they find their home in Jesus.

We are praying for you to embrace the future with joy, knowing that the Lord is with you.



Summer Issue 2022

Journal Guide

JUNE

“Lord of the Storm & The Living Water”

JULY

“A Story of Freedom”

AUGUST

“Growing in Grace”

Insights from Ephesians 2

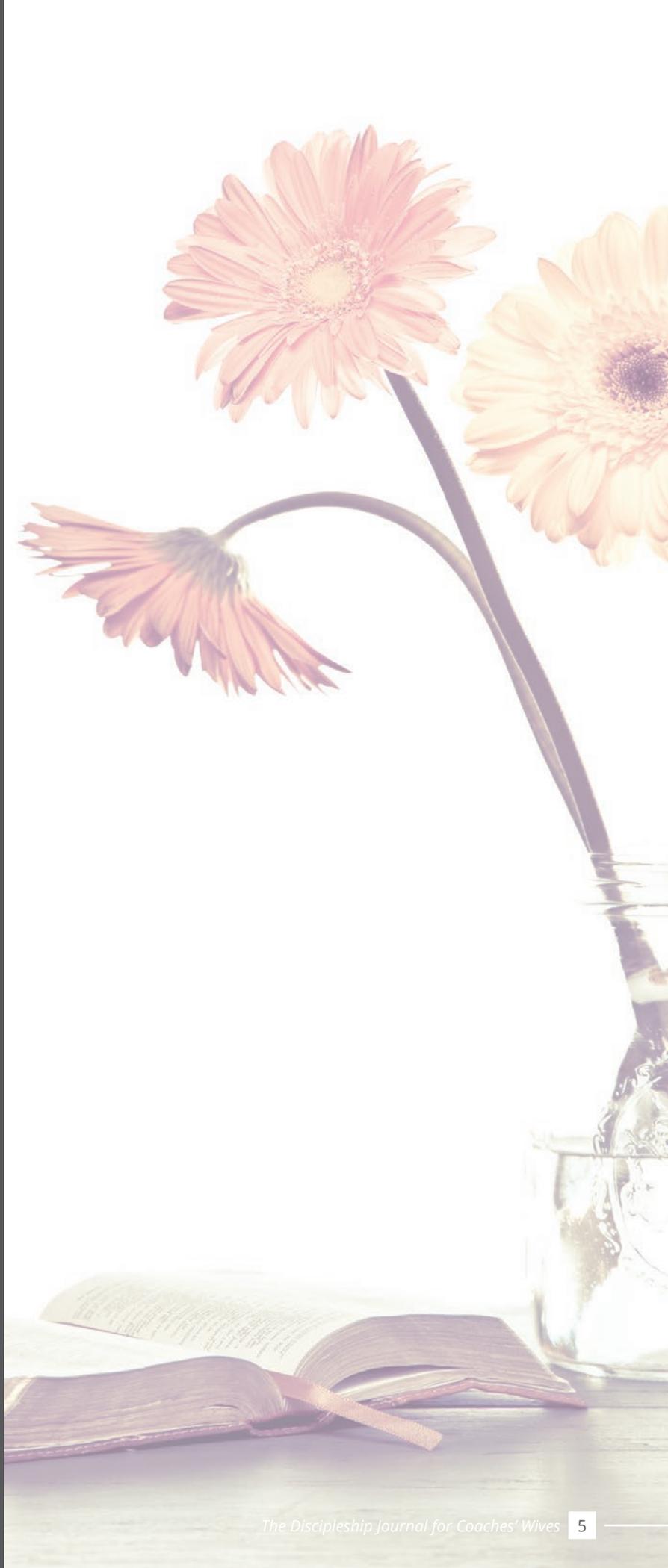
Content

Editor's Note

The Weight/Wait Room

Celebrating Anniversaries

The Coaching Family



“Then Jesus got into the boat and started across the lake with his disciples. Suddenly, a fierce storm struck the lake, with waves breaking into the boat. But Jesus was sleeping. The disciples went and woke him up, shouting, “Lord, save us! We’re going to drown!”



June

Jesus responded, “Why are you afraid? You have so little faith!” Then he got up and rebuked the wind and waves, and suddenly there was a great calm. The disciples were amazed. “Who is this man?” they asked. “Even the winds and waves obey him!”

Matthew 8:23-27

Summer is the perfect season to look at the theme of water throughout the Bible. Water often represents the chaos, trials and overwhelming situations in life, but also signifies cleansing, eternal life, the Word of God, and even Jesus Himself, the Living Water. We are well aware of the dangers of dehydration, especially in the world of sports. Water is essential for high performance and general health, but beyond the physical, water is mentioned in the Bible over 700 times. For the month of June, we will be looking at a few of these verses, and as you (hopefully) vacation this summer, look out across the ocean, lake or pool and ask yourself:

What storms am I walking through right now? Am I trusting God through these difficulties?

Am I spiritually thirsty? Am I running to the Living Water or am I trying to quench my thirst in other ways?

“O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. I have seen you in your sanctuary and gazed upon your power and glory. Your unfailing love is better than life itself; how I praise you!”

Psalm 63:1-2 NLT

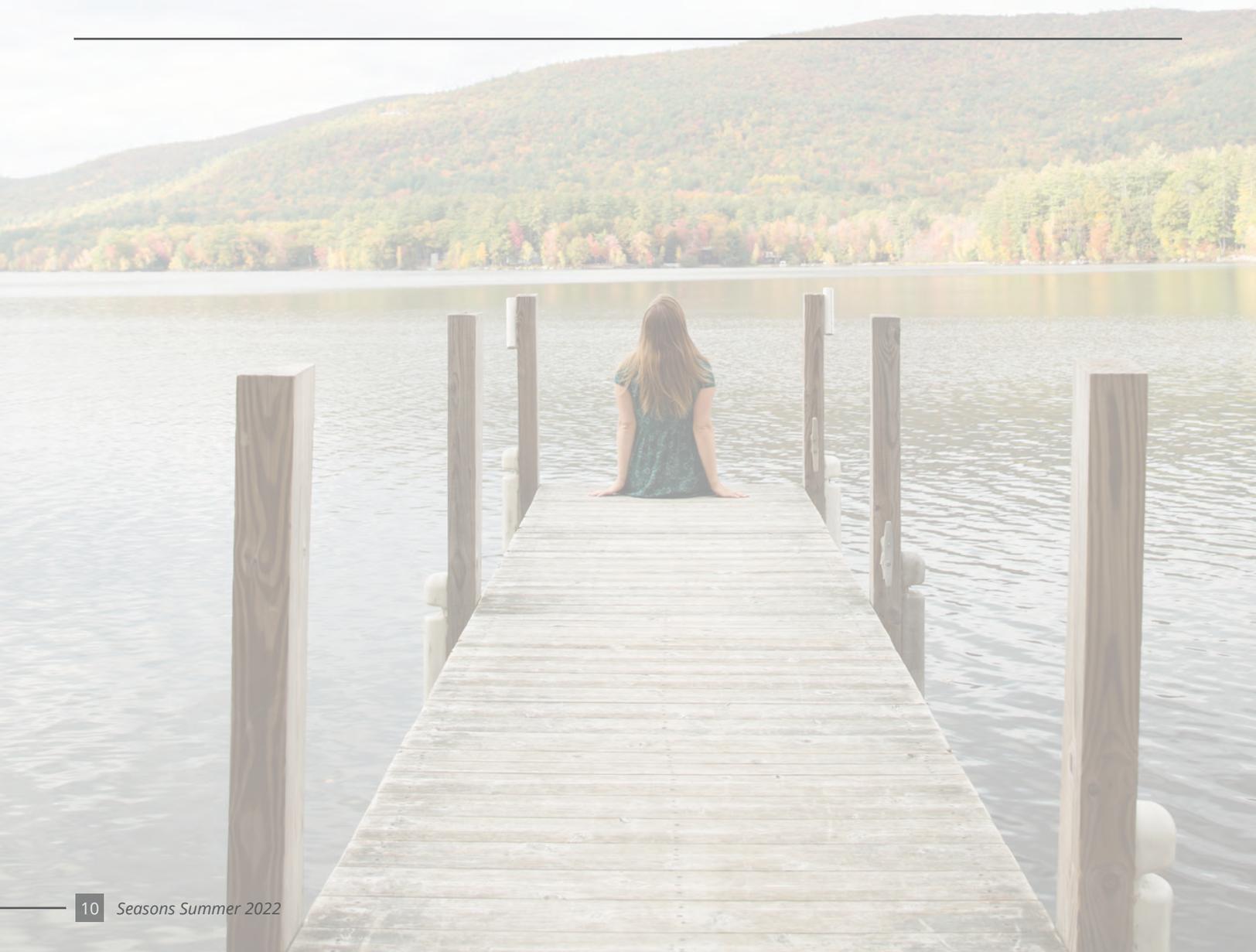
Take a moment to acknowledge to the Lord your need for Him. Confess any circumstance, thing or person you have been looking to for your hope and strength. Write your prayer in the space below:



“Like a cool drink of water when you’re worn out and weary is a letter from a long-lost friend.”

Proverbs 25:25- The Message

Take a moment to thank God for the friends in your life, and ask the Lord how you can reach out and encourage them. This opportunity could be focused specifically on any other coaches’ wives who are in the midst of a move or new job. In our own weariness, it is easy to overlook others who might need to hear from a friend as well. Write their names in the space below:





COACHES'
WIVES
MINISTRY

Our Core Values

God's Word

Gospel of Grace

Growth through Discipleship

Generosity

Global Vision

"Serving Coaches' Wives through Community, Resources & Leadership Training"

A Story of Freedom



A few years ago, Joe and I felt Jesus nudging us towards being financially intentional. It was really annoying to live between paychecks. We decided to hire a financial coach... 2 weeks before quarantine. As always, Jesus was preparing us for what was to come.

A 4th of July celebration may or may not be a big deal in your community, but the blessing of freedom is. Even as this magazine releases, we are praying for our world and those struggling to live free in their homes and with their families.

Even in the midst of crisis... we paid off all medical debt from our daughter Eliza's labor and delivery + all our ER visits from the end of 2019. We upgraded a vehicle and bought a Honda Pilot with CASH. (It has a third row, y'all!) We have a small bundle in savings now, too — a bundle that was quickly dwindling on our old trajectory.

The word freedom is often used in terms of financial health. As coaching families, we know that we need much wisdom throughout the buying and selling of our homes, moving frequently and being financially stable in such a way as to be able to serve others.

We wanted to share a testimony from one of our coaches' wives, and encourage you in the on-going, life-long battle to achieve and protect your financial freedom.





We don't know the future and we still have a long way to go, but WE ARE THANKFUL and we are expectant of Jesus's continued blessings. We know so many people who are struggling during this season so please hear my heart in this. We are working sooo hard to stay intentional and focused on our goals. It takes real grit most days (especially when both girls are screaming while we cook dinner and ordering take-out is so easy! + DQ Oreo Cheesecake Blizzards are from Heaven.) We are not taking our current season for granted and we are praying for others' successes every day. We're doing this for our girls, and for us. We want our daughters to remember how much we love them and we love them enough to teach them how to be financially intelligent. It's been so freeing, and we are just getting started.

Hallelujah.

Danica Hulen and her husband Joe currently live in Ball Ground, Georgia. Joe is the Head Wrestling Coach and an Assistant Varsity Football coach at the High School. Danica is a licensed life coach specializing in women in motherhood.

Recommended Resources from RightNow Media

“If Money Talked” (2020)

“If you invited money to pull up a chair and give you its best advice, you might be surprised that what it would say is pretty close to what Jesus did say two thousand years ago. It turns out that the secret to financial security isn’t a secret. It’s just not at all what we expect. In this 6-session study, Andy Stanley offers an approach to money management that will make your life better and make you better at life. Whether you have a lot or a little, are a spender or a saver, you’ll find Andy’s insights challenging, refreshing, and extraordinarily practical.”

Balanced (2015)

“Balanced is filled with insightful perspectives and practical exercises to build a biblical foundation for our finances. When applied, these laws of financial balance will transform your life and give you the freedom to be a fully devoted follower of Christ. In this 6-session, video-based study, Andy Stanley will challenge you to examine what you really believe about finances and faith.”

*“For where your treasure is,
there your heart will be also.”*

Matthew 6:21

CWM Members! Don’t forget that you have access to RightNow Media on our CWM channel! We have suggested two great series by Andy Stanley on finances for the hours you might be spending on the road this summer! You can always just listen as you drive, so that you and your husband can enjoy the content together! Although financial discussions in marriage may not always be considered “enjoyable”, these videos provide information that is profitable, and that will hopefully encourage helpful conversations!

August



Ephesians 2:1-10 is a foundational scripture of Coaches' Wives Ministry. It is the basis for our value of THE GOSPEL OF GRACE. Not that there is another gospel, but it's easy to fall into the trap of performance, and striving to achieve things for God.

Yes, we are called to live for Him, but He first raises us to life.

We use Ephesians 2:8-10 specifically in the CWM leadership training. These next few pages contain space to write your own applications as well as insight from some of our CWM leaders and coaches' wives who have been through this training.

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



*“wait for the Lord:
be strong and take heart and wait for the Lord.”
Psalms 27:14*

The Weight / Wait Room

Athletes spend many hours preparing for the next season by lifting weights, conditioning, and studying film. Not all athletes train the same way, but they all prepare in the weight room. In our weight/wait room we must prepare, becoming stronger by spending time with God in His Word.

How are you preparing in your wait room?

One of the biggest issues with waiting is that I feel like God doesn't hear me. But just like weight loss, we can hit a plateau period and while physically can't see the weight loss, during this process inches are lost. God gave Sarah a promise at 70, and though it wasn't fulfilled until she was 100, so many other things were born during the WAIT.

What have you been "waiting" on God to do for you...

The word wait is defined as being aware of what is occurring around you and discerning the right time to do the next thing. These are a few of the lessons I've learned in my "wait" room:

1. PRAISE GOD for what we can't see and believe that He is still moving.
2. REMEMBER that we serve a dependable God. It doesn't matter what happens in the waiting. He is still God and He is working everything out for our good.
3. REST in the promises of God

Through God's power, we CAN come out of the weight/wait room stronger and more prepared.

Whitney Jones-Holland is the mom of Holli (9) and Honor (2). Her husband has been coaching for 9 years and is currently a head high school football coach in Louisiana. Whitney is a CWM member, and she loves studying the Word of God, learning through the ministry bible studies and connecting with other coaches' wives around the world.



Happy Father's Day to our Coaches! The family is important to God. It is the fabric woven throughout Scripture from beginning to end.

In the very first chapter of the Bible, God created the first family in Genesis 1.

In the final verse of the Old Testament, we read that the Lord

"...will turn the hearts of fathers to their children and the hearts of children to their fathers..." Malachi 4:6

In the very first chapter of the New Testament, we find the genealogy of Jesus in Matthew 1, and in the final book of the Bible, we read about the day when God's children will be with Him forever.

We hope you enjoy this next section of our magazine!



Love

is patient, love is kind.

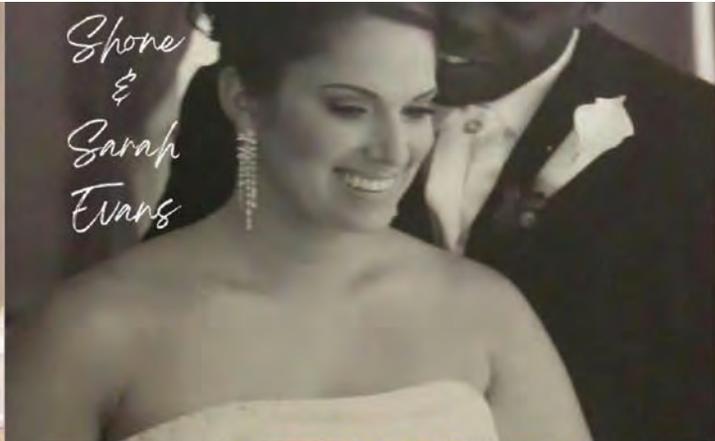
It always protects,
always trusts, always hopes,
always perseveres.

Love
never fails



Tyler & Brittany Wynn

JUNE 19, 2010



Shone & Sarah Evans

JULY 1, 2006



AUGUST 2, 2014

Joe & Danica Hulen



Brett & Brittany Sloan JUNE 26, 2015



Brady & Lisa Webb

JUNE 22, 2013



Michael & Taylor Hays

JUNE 27, 2015

You and me

Jeff
&
Mitzi
Neal

JUNE 17, 1995



Randy
&
Jana
Nelson

JUNE 6, 1992



Chris & Lisa Jean Zeffowski
JULY 16, 2011

Neal
&
Tara
Sammons

JULY 8, 2008



Tim
&
Susan
Nelson

JULY 7, 1990



Loren
&
Shannon
Purvis

JUNE 7, 2014



forever...

Game plan for your coaching journey...

As we celebrate these summer anniversaries, we also acknowledge the unique challenges of the coaching lifestyle. This amazing resource was provided by Nations of Coaches- a non-profit organization geared towards men's college basketball coaches.

Moving With a Family

If you are able, time your move for the best month that works for your family, so you don't feel rushed. Try to visit your new destination ahead of time to look for housing, view schools/daycares, and determine the "lay of the land". Consider making the move fun for you and your kids by planning fun stops along the way or inviting friends or loved ones to help unpack at your new location.

Transition Checklist

Questions for Your New Employer, Athletic Director, or Head Coach

- Is there a relocation package?
- Is there reimbursement for any moving expenses? If applicable, what is the reimbursement process?
- Does the new employer recommend a moving company and/or realtor? What is the health insurance situation at the new location?
- Is there a campus contact or human resource representative who can assist with any resources on campus and in the local area?
- Can I connect with the athletic director/spouse and other staff/spouses to ask questions about the city, neighborhoods, and schools?

Packing and Moving Your Current Residence

- ◇ Purge and pack
- ◇ Create a moving folder to keep track of all paperwork and receipts Sell any furniture or items you no longer need
- ◇ Schedule donation pickups
- ◇ Meet with realtor and prep home for market, if selling your home
- ◇ Secure movers
- ◇ Schedule car transport or get your car serviced if you're making the drive
- ◇ Determine how you will transport you pets; research transport services if necessary
- ◇ Gather all medical records (doctor, vet, dentist, immunization records for schools)
- ◇ Try to schedule appointments with current doctors so you don't feel rushed at your new location
- ◇ Get contact for current 401K so you can arrange rollover
- ◇ Call and cancel utilities and services (landscapers, cleaners, etc.)
- ◇ Do "change of mailing address" with USPS.com early so you don't have any mail or packages left behind
- ◇ Hire cleaners to deep clean home after things are moved out Come up with a plan for moving day for yourself, pets, and kids
- ◇ Pack an "essentials box", including everything you need the first day in your new home

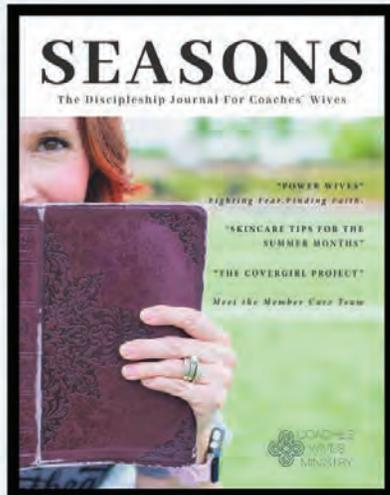
Establishing Your New Location

- ◇ Find new home or rental Establish utilities needed
- ◇ Change your address where necessary: banks, employers, subscriptions, credit cards, etc.
- ◇ Figure out schooling or daycare for kids
- ◇ Determine if your bank has a location in your new town/city
- ◇ Transfer any necessary prescriptions
- ◇ Change car insurance(s)
- ◇ Join Nextdoor app and/or Facebook groups for new neighborhood
- ◇ Connect with your new community through your neighborhood, the university, church, work or volunteer opportunities

COACHES' WIVES MINISTRY

CWM Magazine Subscriptions

Quarterly Cost Divided into Monthly Charges



DIGITAL
\$4 MONTHLY



PRINT
\$7 MONTHLY

DIGITAL FORMAT INCLUDED
WITH PRINT SUBSCRIPTION

Bulk Orders available
Contact us: info@coacheswivesministry.com

CWM MAGAZINE ADS & DEDICATIONS

Our publication releases quarterly, so the prices below are for submissions in all 4 magazines.....



CWM is a 501(c)3 non-profit organization, and your purchase will go towards these activities and resources:

- Leadership training for coaches' wife
- Local outreach for athletic teams
- Annual Gathering for coaches' wives nation-wide
- Employment for coaches' wives to join ministry staff
- Scholarships for youth in need
- Magazine and video production for CWM resources
- The development of CWM curriculum and materials
- "Mental Health in the World of Sports" initiative to equip coaching families

Half- Page

\$2,400 ANNUALLY
\$600 QUARTERLY
\$200 MONTHLY

Quarter- Page

\$1200 ANNUALLY
\$300 QUARTERLY
\$100 MONTHLY

Ads are for businesses and foundations.

Dedications can be for anyone- a former coach, friend, or family member.
Here is an example:



"Serving Coaches' Wives Through Community, Resources & Leadership Training"

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!

Get The App

Stay connected and get the latest content.



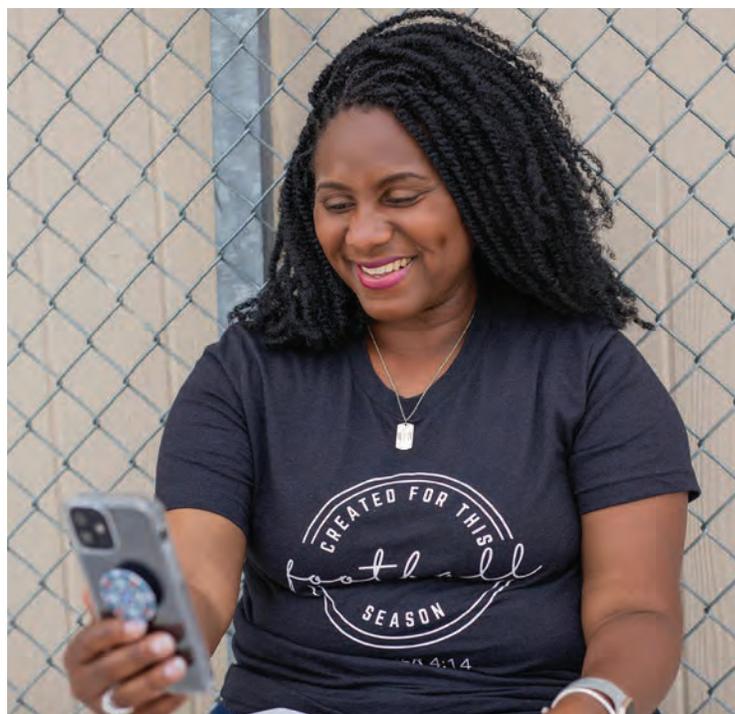
DOWNLOAD THE APP



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.”



SUMMER 2022 ISSUE
SEASONS

*A quarterly discipleship publication of
COACHES’ WIVES MINISTRY*

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