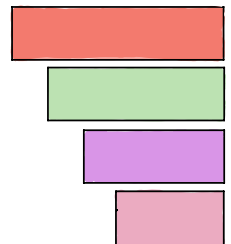




Ep. 45

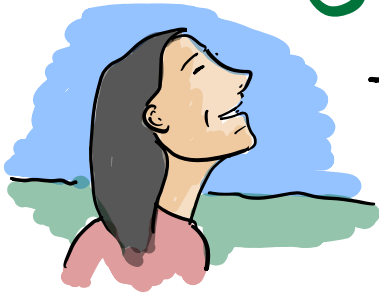
Rev. Sally Foster-Fulton

THE  
ALL  
TERRAIN  
Podcast-



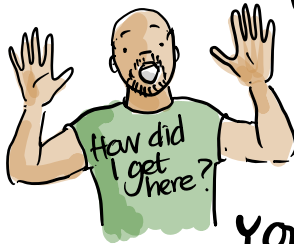
# How do you face Change?

CHANGE IS PART OF LIFE EARTH & NATURE!



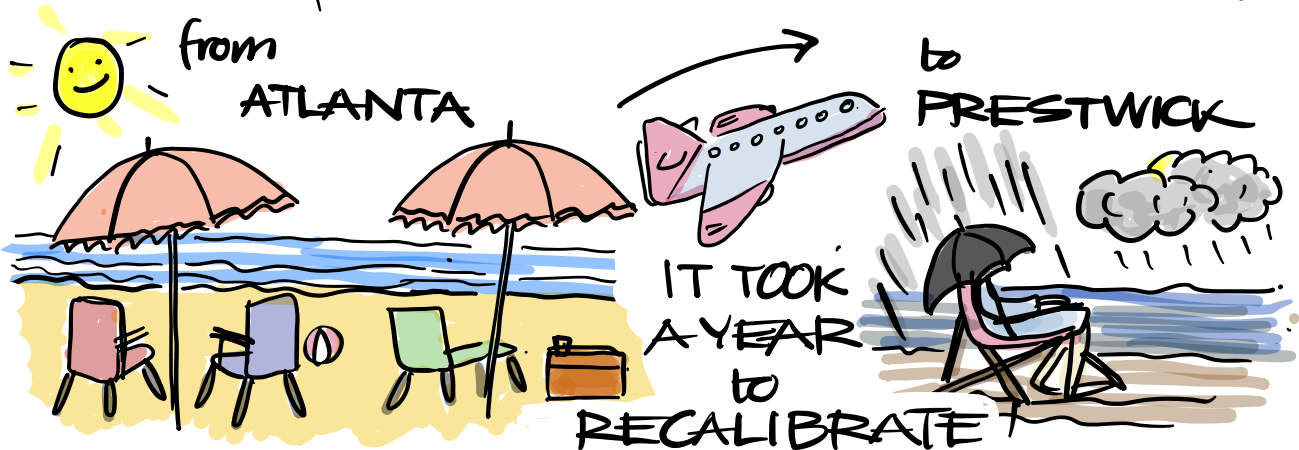
IT'S IMPORTANT TO TAKE A BREATH / MOMENT BEFORE YOU RESPOND.

SOMETIMES CHANGE TAKES ME / US BY SURPRISE



(A) YOU INCLUDE OTHERS IN THE CHANGE -

(B) YOU ARE NOT FIRST / LAST TO EXPERIENCE IT!



= HOW?? =

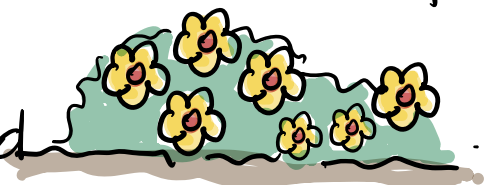
(A) ACKNOWLEDGE GRIEF: IT'S OK!



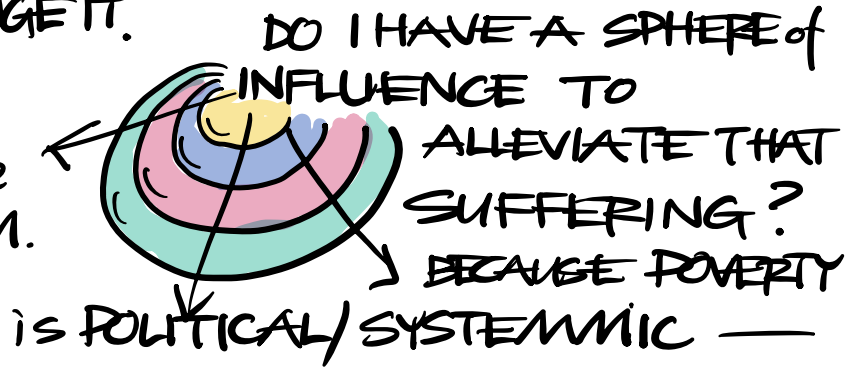
LEAN INTO IT / EMBRACE IT. BE AWARE THAT IT COULD RESULT IN SOME BEAUTIFUL THINGS.

(B)

(C) BE PRESENT  
Bloom where you're planted



# How do you move through suffering?

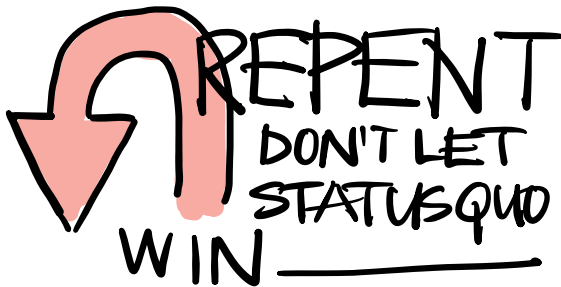


OUR CAMPAIGN FOR SOCIAL CARE

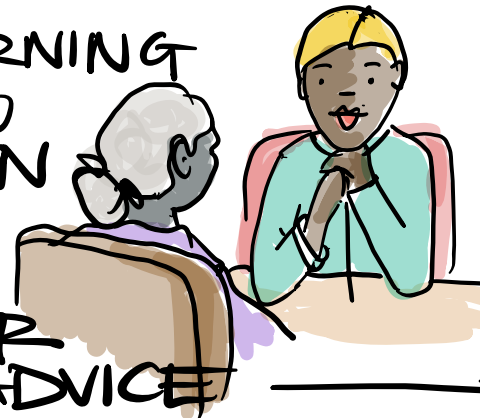


**CROSS REACH**  
Care you can put your faith in

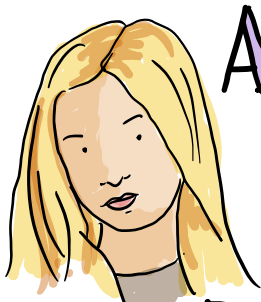
SUFFERING IS NOT INEVITABLE



LEARNING TO LISTEN & NOT OFFER ADVICE



AS FAITH COMMUNITIES WE'RE ALL PART OF SOMETHING BIGGER - THE SUFFERING I AM GOING THROUGH IS NOT THE END

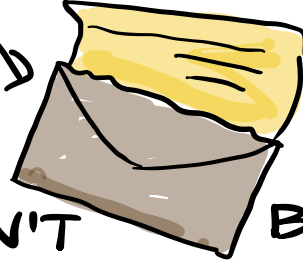


# Ally McBeal

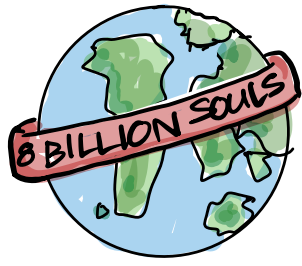
WHY ARE YOUR PROBLEMS SO MUCH MORE IMPORTANT THAN ANYONE ELSE'S? — BECAUSE THEY ARE MINE!

HAVING TO DEAL WITH MISCARRIAGE WAS BIGGEST GRIEF I HAVE EXPERIENCED

RECEIVED THIS LETTER & I REALISED I WASN'T



BY MYSELF!



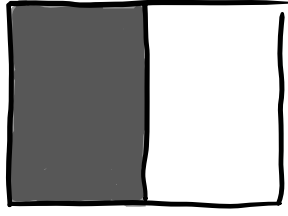
EVERY ONE IS **UNIQUE** WE ARE GIFTS TO EACH OTHER



WE LIVE IN THESE "IN BETWEEN" SPACES —

BEAUTY & BROKENNESS

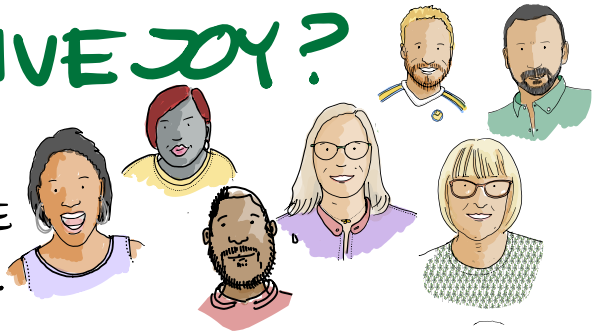
IT'S NOT...



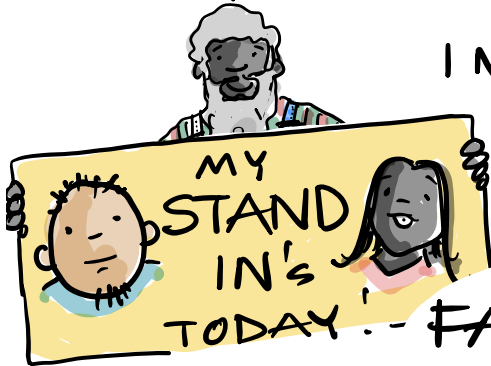
WE DON'T

# HOW DO YOU RECEIVE JOY?

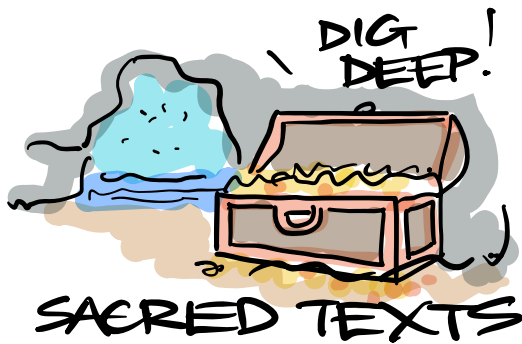
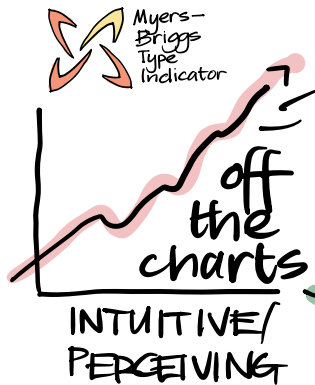
PEOPLE ARE JOY!  
I LOVE EMPOWERING PEOPLE  
TO BE TRULY THEMSELVES.



I NEVER FAIL TO RECEIVE JOY  
WHEN MEETING PEOPLE !!



EVERY HUMAN BEING IS AN  
OPPORTUNITY to be  
FACE - to - FACE with GOD!

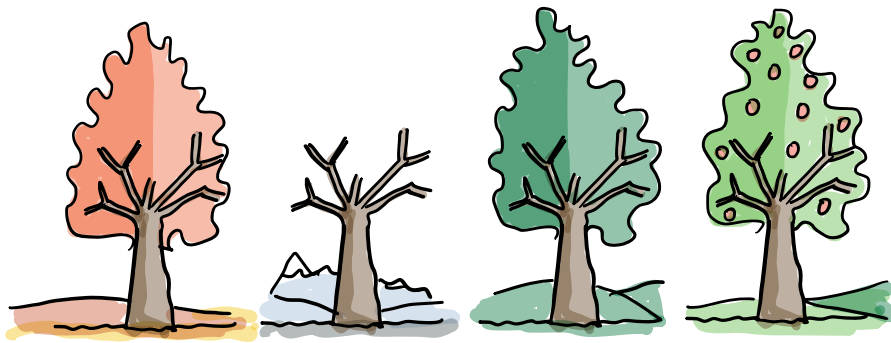


(ADVENT)  
EACH TIME YOU READ  
IT'S NEW! YOU'VE  
NEVER READ IT IN  
THIS SITUATION BEFORE!  
LET THE STORIES

**BREATHE**

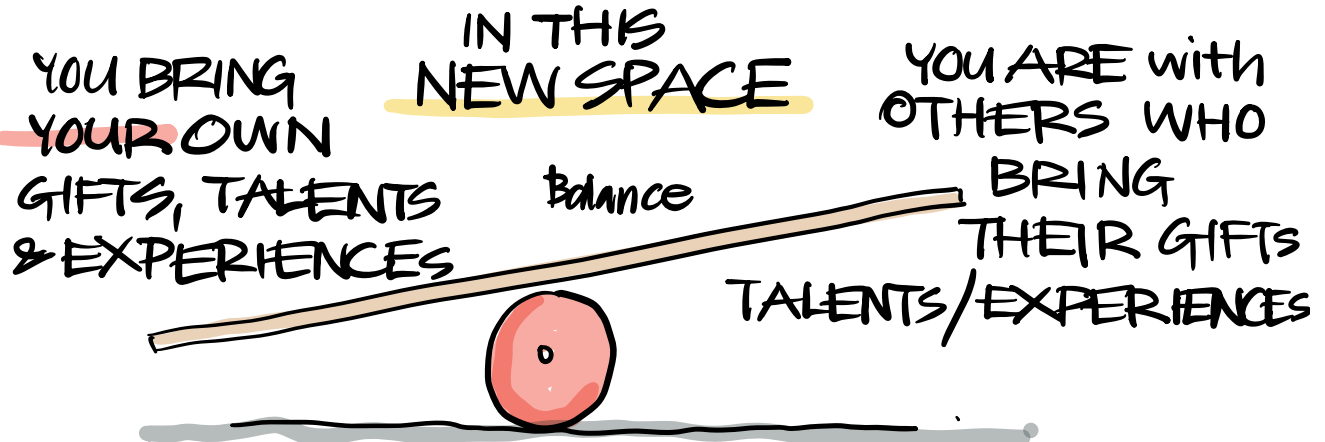
SIMPLE STUFF BRINGS ME JOY!! → MY GRANDAUGHTER!

# HOW DO YOU MATURE in SERVICE?



IT'S OK to  
& MOVE —  
BRING  
WHAT  
YOU DO!

UNDERSTANDING THERE'S a SEASON for THINGS



Ⓐ REMEMBER WHO YOU ARE

Do this + remember me!



BRING THE LOVE/LIFE/LESSONS & SACRIFICE of JESUS EVERY DAY



Ⓑ REMEMBER THE GIFTS YOU HAVE IN FRONT OF YOU!

YOUR BEST WORK HAPPENS WHEN YOU COLLABORATE WITH OTHERS