

Make Scents

Thoughts from Rhonda Jackson, Co-Editor

Watching Peter Jackson's *The Beatles: Get Back* reminded me of the power of foresight: having already learned that the documentary was filmed just before the band broke up, it was easy to spot the tension and discord (no pun intended) in the room. But it was equally easy to see how the entire atmosphere changed with the appearance of keyboardist Billy Preston. You could hear his unquestionable talent, but you also could FEEL his infectious joy! And can we talk about that smile?!!!

2 Corinthians 2:15 says *we are to God the pleasing aroma of Christ, among those who are being saved and those who are perishing.*

If you've ever smelled brownies in the oven or passed a honeysuckle vine on your morning walk, you understand the weight of the word *aroma*. If you've ever scooped a litter box or walked into a crowded elevator with someone who just finished a cold cut sub with extra onions, you understand the concept of *odor*!

Christians are challenged to be a *pleasing* aroma – (a phrase used over 40 times in the Bible) - to enter a room and elevate the atmosphere, so that believers and non-believers - *those who are perishing* - see Him in us. We're called not only to be His hands and feet but also to leave others better than we found them, with a lingering "fragrance" that causes them to want to know more about the Jesus we love. Sometimes we're accused of the opposite effect, exhausting people with judgement and scourging them with Scripture. I personally worry that, as I drag my own pain behind me like Jacob Marley's chains, people see less of the "person saved" than the "one perishing!" I'm working on it! Like the apostle Paul, *I press on, to reach the end of the race (Philippians 3:14)* – praying that, in my wake, people are left both wondering and wanting what brings me such peace, rather than feeling depleted and asking - *what was that terrible smell?!!*



Celebrating Whitney Williams

Charlotte Eliopoulos, Co-Editor

Whitney was raised in a Christian home with parents who tried to instill God and godly values in her life, but she felt had no individual relationship with him. She frequently played sports on the weekends, so she frequently missed church to travel to her games and tournaments. When she quit sports around the age of 17, alcohol filled the void that sports left. She became a daily/maintenance drinker by the time she was 19 years old.

She knew drinking was killing her but didn't know how to stop. When she was 24, her drinking caused her to hit her lowest moment physically, emotionally, and spiritually. It was then that she felt God's presence fill the room which she viewed as the turning point in her life. July 29, 2015 was the date that she remembers feeling God intervening in her life and saving her. Since she felt like she was starting from scratch on her relationship with Him, she didn't even know where to begin. It was suggested to her that she just start praying and talking to Him like she would a friend; tell Him about her struggles, fears, wishes, hopes, etc.; and invite Him into her life. She began to jot down all of the God moments in her life--things that happened that were beyond coincidence, where she truly knew it was God-driven. Before she knew it, she had notebooks full of these God moments, and could no longer deny the influence He had in her life.

In 2015, three days after she stopped drinking, Whitney met Kim. Her mom had been attending COFFEE for a few years and reached out to Kim to see if she would be willing to meet with Whitney. They met outside of Peet's coffee shop in Hunt Valley and, according to

Whitney, she was "a hot mess". She cried, yelled, screamed, and cursed, feeling lost and confused. According to Whitney, Kim patiently sat there, giving her the space she needed to express herself, and then began to talk about God's love for her. They sat there for a few hours, and Whitney left that coffee date with a little bit of hope --that maybe a relationship with Him could be possible. Kim then invited her to cater and attend the COFFEE sessions at the Grand Lodge.

Kim gave Whitney her first Bible and invited her to a COFFEE group of women in their mid-twenties. She saw that the Bibles of the women had highlighted segments and notes in the margin, and she witnessed them quoting scripture passages from memory. She instantly felt out of place and explained to them that she had no knowledge of the Bible. The women reacted with kindness, sharing their own experiences. Whitney felt that they had so much wisdom and she absorbed it like a sponge. She loved learning about God and Jesus. Ironically, Kim's weekly lessons always seemed to mirror perfectly where Whitney was in her life that week, and she related to what was discussed.

Whitney describes her current relationship with God as being like one she would have with a best friend. She talks to Him and shares every last detail of her life with Him, feeling secure that He loves her, and wants her to succeed and be happy. She believes the life God has given her today is one beyond her wildest dreams; most importantly, He is at the center.

Whitney has been attending COFFEE for almost seven years now and believes it has been instrumental in helping her develop and maintain a relationship with God. "For this," she states, "I am forever grateful."



A Comment from Kim...

Whitney. If you've met her, you know she's kind, hard-working, talented...and beautiful. But what inspires me most is her courage. Because this young woman shared the pain that she had bottled up inside for several years and allowed God to walk her through the path to healing. It wasn't easy but she showed herself to be a courageous warrior. And as she became closer to God, she opened herself up to the opportunities He put in front of her - opportunities that she says are beyond what she had ever imagined. I've witnessed Whitney sharing her story with teens, adults, and younger girls, and I've hosted her on my TV show, COFFEE with Kim. I know God has used the pain she went through to give hope and guidance to so many people. She has an amazing heart and I know God has much more in store for her! I love my wonderful friend, Whitney!

What's Happening!

Summer seems to go by so quickly...but we have lots more coming up!
And it's not too early to make your plans for fall!

July 22

FRIENDS OF FAITH event in Littleton, CO

August 6

FRIENDS OF FAITH in North Augusta, SC at the Chocolate and Friends event

August 9

FRIENDS OF FAITH Reunion in Augusta, GA

September 16

Evening of Hope in Baltimore, MD
Come alone or bring a friend, your husband, your neighbor...

September 22

FRIENDS OF FAITH event in Nantucket, MA

September 27

Our Fall Study kicks off! Morning and Evening

August 23

SPLASH BASH! event in Hunt Valley, MD.
Women's and men's COFFEE groups welcome!

zooms. Home groups and church groups welcome.

Visit kimcrabill.org for more information.

Registration and details coming soon for August and September events.

A Note from Kim



Friends,

2022 has been an amazing year for our ministry so far...and we'd love for you to share in it.

The Board of Directors and I invite you to join us in September for an *Evening of Hope.*

Come and celebrate what God has done through our ministry and what He has in store for our future!

Plan to spend an evening in Baltimore with us on September 16!

Come by yourself or bring a friend, your husband, your neighbor and let's enjoy an incredible, hope-filled evening together!

Stay tuned for all the details coming later this month.

Become a Partner for Healing and Hope!

Did you know that your donations touch the lives of women, men, teens and children with God's love? When you become a monthly partner, every dollar goes directly toward our mission of reaching across the world with God's healing and hope! We thank you for each and every donation, no matter the size!

[DONATE HERE!](#)

Sleep: The Elusive Butterfly

Healthy Living Tips from Dr. Charlotte Eliopoulos, Co-Editor

Adequate sleep (7-8 hours for most adults) and rest are essential for our physical, mental, and spiritual health; they also tend to be significantly challenging to achieve for many of us. There is a change in sleep patterns and needs as we grow older, but at any age we can have difficulty falling or staying asleep due to the effects of medications, as well as depression, anxiety, pain, hypertension, hormonal imbalances, diabetes, and other health conditions. You may be able to get away with occasional cheating on your sleep requirements but if it becomes a chronic problem you can experience heart disease, weight gain, lowered immunity, anxiety, depression, problems with mental function, premature aging of the skin, reduced sex drive, and other problems.

So what can you do? Try to follow the same sleep schedule each day. Avoid large meals, caffeine, and computer and cell phone use (the blue light they give off suppresses the sleep hormone melatonin) several hours before bedtime, engage in some physical activity during the day, take a warm bath about

one hour before bedtime, control noise and lighting in your bedroom, and meditate on scripture. If sleep is your elusive butterfly, take steps to catch and control it!



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If you have feedback, or an idea for a story, tell us at newsletter@kimcrabill.org

To learn more about our ministry, please visit www.kimcrabill.org



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