

Thoughts from Rhonda Jackson, Co-Editor

## What's New?

*New Year, New You!* No sooner is the chaos of Christmas over than we start hearing about the opportunity of the coming year, and the 10 things we should be doing to start it. I'm tired! I have enough trouble with the old me! Fortunately for us, the Bible teems with hundreds of references to new beginnings - not one of which requires us to rethink relationships, revamp our residence, or revise our diets.

*Behold, I am doing a new thing; now it springs forth, do you not perceive it? (Isaiah 43:19)* Seven hundred years before Christ was born, the prophet Isaiah not only invites us to witness Jesus Christ - the "new thing" God planned since Genesis 1 - but also challenges us to see the signs and to know who God is. *For unto us a child is born...* the prophet points directly to Christ, His background, and His saving mission. And when we gather, He still blesses us with His presence!

*Therefore, if anyone is in Christ, he is a new creation. (2 Corinthians 5:17)* Paul reminds us to throw off the heaviness of sin that weighs us down and to recognize that *the same spirit that raised Christ from the dead (Romans 8:11)* is alive in us! As Christians we're imbued with the Holy Spirit - so even though we may feel weary in our human bodies, His spirit is renewing our inner self each day. My back feels better already!

*Behold, I am making all things new. (Revelation 21:15)* While we associate the last book in the Bible with the end times and Scripture's sometimes-scary predictions, remember that Revelation also describes the brutal and final end to Satan, and a new heaven and a new earth - where death, mourning, crying and pain simply don't exist. Rather than feeling unsure and anxious as we head into a new year, we're invited to look ahead to this new age - where God's promises come to fruition for each of us believers! Happy New Year!



## Celebrating Laura Brusca

Laura serves as the ministry's Advisory Board President and in addition to more than a decade's experience in fundraising with nonprofit organizations, she brings a rich personal and professional background to the ministry.

Baltimore was Laura's home until age 15. She grew up in a Christian home, with a family who attended church every Sunday. Her mother transferred her into a Catholic school for her middle and high school years which Laura considers most impactful on both her academics and spiritual life. She left the city to attend college and then returned to work in corporate banking and finance, as well as to raise her two sons. Fourteen years ago, she started working for nonprofit organizations, writing grants for a middle school afterschool and camp program in West Baltimore City. Currently she splits her time between Nantucket, MA and Naples, FL.

Laura met Kim in 2014 at a Loyola Blakefield mother's club retreat called the Day of Reflection. Kim was the speaker for the day and Laura loved what she had to say about being a mother, relying on prayer, and walking in faith. A few years later Laura began following her on Facebook LIVE, which led her to take Burdens to Blessings, join a COFFEE group, and go on the Holy Land trip. Her involvement with the ministry grew, leading her to joining the Advisory Board in 2018 and now serving as President. She has served an important role in writing grants and fundraising for the ministry and worked to help raise funds for the new Roses and Rainbows Ministries studio.

Laura believes that Kim was one of the ways God spoke to her and brought her comfort after she had cancer treatments. She wanted to get serious about Bible studies and doing daily quiet time with God. As her recovery was long, she had plenty of time to read Kim's

books, listen to COFFEE LIVE (which can be heard every morning at 9:00amET on [Facebook.com/RosesandRainbows](https://www.facebook.com/RosesandRainbows)), and build a deeper faith. It impacted her in many ways – the best being that she has never felt closer to God than she does now. She feels like she can hear His direction, discern where her time and attention are needed, and handle situations differently than she would have 5 years ago. She knows she has grown as a person but, more importantly, feels she has grown as a Christian. The knowledge she has gained allows her to talk to others about faith, lead Burdens to Blessing groups, and feel deeply dependent on her faith to live each day the best way she is able.

The relationship between etiquette and God's grace is important to Laura. She trained as an etiquette teacher in 2004 and taught classes to children, teens, and college students, as well as working individually with adults. She views etiquette, which is comprised of social and communication skills, as a great way to build confidence, lead others, and handle sticky situations. Grace is extending kindness when it is not earned. In etiquette the word grace often is used in several forms—to move gracefully through social situations, to be gracious in our interpersonal dealings, and to extend grace when others misstep. She saw how the Bible instructs us to do the same: to love one another, to extend grace, and to look past misdeeds. Grace is mentioned in the Bible 131 times, reinforcing its importance to Christians. We want to follow God's commands, and we know when we have failed each time we leave a situation and wish we had said something different. We need to employ a strategy of grace and the standards of etiquette is a means to do so. By learning additional welcoming behaviors, practicing ways to word a request, or resolving an awkward situation, we can bring peace to tense times. We also are able to role model our Christian values by having all the necessary tactics in our minds so they are automatically retrieved at the right moment. These tactics allow us to be more forgiving with others, causing everyone to come out better, feeling valued and cared for – even if we do not agree with the matter at hand. We want to lead with love and become more Christlike, and that is done daily by extending grace.

When asked what she would want others to know about her, Laura responded: *That I love the Lord and want to share the comfort and joy that relationship brings me with everyone I come in contact with.*

### ***A Comment from Kim...***

At the beginning of each year we hear a lot about words. We ask one another, "What's your one word for the year?" Well, as I think of Laura the "one word" that always pops into my mind is *inspiration*! I have seen inspiration "lived" through her since I first met her. She inspires with her skills and talents as a financial consultant. She inspires with her knowledge and expertise as she conducts Grace and Etiquette workshops. I could truly go on and on, but I cannot leave out how she inspired each of us as she dealt with cancer and walked to her healing with such courage and resilient hope. I'll never forget how she spoke of "clearing her calendar" during her healing journey by only writing in her daily schedule those things she knew were of God. How honored we are to be placed on her calendar now as she takes on the role of president of the Roses and Rainbows Advisory Board of Directors. Let her inspiration to our ministry begin and flow through each area and each heart.



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Healthy Living Tips from Charlotte Eliopoulos, Co-Editor

### ***When you don't have time for the gym...***

As we face the new year we may be carrying the effects of last year's holidays with us--- in the form of some extra pounds! In addition to watching the calorie intake, exercise can help us to get back in shape, but that often is easier said than done. Finding the time and motivation to go to a gym to exercise can be challenging and difficult to work into a busy schedule. So, what can we do?

There's evidence that short workouts known as *high-intensity interval training* can produce similar benefits to aerobic exercises done for longer periods of time. These workouts involve 10-minute sessions consisting of 30-60 seconds of cycling, running, stair climbing, or other activity followed by 1-2 minutes of slower activities (walking, slower pedaling of the bike) and then repeating the process. The aim should be to reach 90-95% of your maximum heart rate during these sessions.

The good news is that research shows these short sessions work. The bad news is that we have fewer excuses for not exercising!

**Do you know a man who would be interested in joining our Confront and Conquer group?**  
Email [admin@kimcrabill.org](mailto:admin@kimcrabill.org) and we'll put you in contact with someone who can tell him all about it.

### Keep An Eye Out for Our Evening Zoom Events!



Have you tried one of our Evening Zoom Events? These are great ways to introduce friends and family to the ministry!

Our Evening COFFEES feature guests who share how God is working in their lives and guests who share practical information we can use every day, all topped off with a short teaching from Kim.

And now, we've started a new zoom event...a one-hour topic taught by an expert from our ministry community. Our first one was very popular, not to mention fun and uplifting! We'll feature zooms like last week's "Journaling Made Easy" going forward. Have a topic you'd like to see? Email us at [admin@kimcrabill.org](mailto:admin@kimcrabill.org)!

So keep an eye out for our emails, FB and Instagram posts and check our website often to see what's coming up. It just may be the perfect time to invite that friend for a "girls' night in" with Kim and the gang!

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### A Note from Kim

There's an epidemic going on ...and it's not COVID. The number one "disease" in America according to a recent study is "loneliness." And you have the answer to help women combat that hurt - by befriending them! We can do that - yes, you and I! That's the vision of the **Friends of Faith Tour Across America** that will be taking off in February. Imagine a roomful of women talking, laughing, learning and making real connections. In states from coast to coast, we'll discover how we can become stronger together through the ministry of friendship. We're partnering with women in Texas, California, Georgia, Massachusetts - just to name a few places - to bring the Tour to churches, homes and wherever we can gather women. Our schedule is almost filled...but if you'd like to partner with us in your city, I'd love to hear from you! I can't wait to see how God is going to work in 2022 - it's going to be exciting!



Where will the **Friends of Faith Tour Across America** kick off?  
Find out at [kimcrabill.org](http://kimcrabill.org)!

### 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!**



If you have feedback, or an idea for a story, tell us  
at [newsletter@kimcrabill.org](mailto:newsletter@kimcrabill.org)

To learn more about our ministry, please visit  
[www.kimcrabill.org](http://www.kimcrabill.org)

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