



SCENIC CITY WOMEN'S NETWORK NEWSLETTER

Encouraging, Equipping and Energizing Christian Working Women
scwn.org
423-698-6262



A MESSAGE FROM
RENEE NAIL,
EXECUTIVE DIRECTOR

The Best Offering

Oh how I love the crispness of an autumn day... beautiful breathtaking landscapes, a cozy fire, family gatherings, and luscious mouthwatering aromas wafting from the kitchen. Thanksgiving is in the air! A time to be grateful, to give...thanks.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."
- William Arthur Ward

The beauty of the earth at this time of year is magnificent with its brilliant colors and bounty of the harvest. It lifts my heart and brings me joy. I can't help but marvel at the handiwork of God. Scripture reminds us to give thanks with grateful hearts for all the blessings of God.

"I will give to the Lord the thanks due to his righteousness, and sing praise to the name of the Lord, the Most High."
- Psalms 7:17

I pray God's bountiful blessings for you and your family this Thanksgiving and encourage you to praise and thank Him for the richness of His blessings.

"The sound of praise and thanksgiving is the best offering you can give to God. Not only does such music please God, it sends us into life with thanksgiving power."- Steve Pease,
Thanksgiving: How should we thank God for all we have...

With a thankful heart,
Renee



And let the beauty of the Lord our God be upon us, And establish the work of our hands for us; Yes, establish the work of our hands. Psalm 90:17

Time Management Tips

DEVELOP PERIODS OF FOCUSED INTENSITY

Create times where you are fully engaged on a task for a specific period of time. Allow no distractions. Use a countdown timer to maintain a sense of urgency to complete the task at least move it forward as much as possible.

SINGLE TASK WHEN POSSIBLE

Peter Drucker said: "One hour of uninterrupted time is worth 10 times the amount of four 15 minute segments. Multi-tasking dilutes our ability to get something done WELL. Let your calls go to voicemail and turn off email notifications. When you want to single task, tell others you are unavailable during certain hour of the day and to hold questions until you are available unless it's an emergency or waiting to act has major consequences (define what those are!) The goal is to accomplish one thing WELL not just attempt to get five things done.

GET IT OFF YOUR MIND

Author David Allen says: "If it's on your mind, your mind isn't clear." It must be captured in a trusted system outside your mind--come back to it as needed. The reason something is "on your mind" is that you want it to be different than it currently is. The key is to get the thought somewhere that you can reflect on it later when you are ready to take action or plan. If you refuse to get it off your mind, it's because you don't have a trusted place to put it. Entrust it to prayer. Also, maximize your use of technology. I use an audio recording app on my smartphone that I can click one button, record my thoughts and then click another button to immediately send the information to me via email. Use tools like Google Keep or Evernote to capture your thoughts. Do a brain dump! The goal is to keep your mind clear for the task that is in front of you.

TIME IS VALUABLE. SPEND IT WELL!

SINGLE TASK WHEN POSSIBLE



POLLY CLAIRE'S
events | tea | shop



Reserve your prepaid ticket now. Seating is limited.

November 12 - 12:00 - 1:00pm

Speaker: Rashelle Stafford

"THE ART OF CONVERSATION"

Come and learn how to talk to absolutely anyone, anywhere, anytime. The art of conversation is not just a great business tool, it is a life skill you will want to practice over and over. In fifteen minutes, you'll learn how to feel confident in an awkward situation while being 100% genuine.

Healthy Lunch | Helpful Learning | Happy Ladies

Bring plenty of business cards to share and see your card again on Polly Claire's Facebook page following the event.

*Guests will be seated in small tables of four and the learning time will be approximately 15 minutes. Conversation cards on each table will provide ice breakers. Invite a friend or coworker and enjoy an afternoon of lunching and learning together.

Your [reservation](#) is secure when a nonrefundable (but fully transferable) [ticket](#) is purchased. This event is limited to 28 guests on a first come first serve basis.

LOCATION

Polly Claire's Tea Room
6178 Adamson Circle
For information or RSVP:
423-521-4832

RSVP



MENU

Fruit and Nut Entree Salads served with your choice of Dill Salmon, Roasted Chicken, or Vegetarian atop mixed greens, feta cheese, raspberries, cranberries, blueberries, blackberries, and strawberries with sunflower kernels, pecans, almonds, and candied walnuts. Freshly brewed iced tea served southern style or enjoy Sleepy Hallow Pumpkin Chai.



SAMARITAN'S PURSE OPERATION CHRISTMAS CHILD



IF YOU PICKED UP A SHOWBOX AT THE OCTOBER LUNCHEON, PLEASE DROP OFF YOUR SHOWBOX AT THE SCWN OFFICE LOCATED AT THE

SUNTRUST BUILDING - 736 MARKET STREET BY NOVEMBER 18 BY 4:00PM.

IF YOU HAVE ANY QUESTIONS CALL, 423-698-6262.

CONNECT2



"Connect2-Sister-2-Sister"

Need a prayer partner? Need other Christian friends to network with? Need an encourager? Then this is the program for you! Look for future announcements.

Call today to RSVP 423-698-6262 or email Yvonne@scwn.org

UPCOMING EVENTS:

November 10 - Make-It-Take-It

3:00PM -6:00PM

Third Day Essential Oils - Jeannie Harrison

Make essential oil products, scrubs, bath salts, etc with Jeannie Harrison

Cost \$10 per product table (Pay at the event)

620 Cherokee Blvd. Suite 113

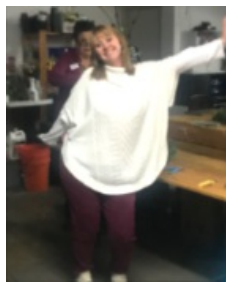
RSVP via email admin@scwn.org



LEARN MORE

scwn.org

CHECK OUT SOME OF OUR FUN EVENTS!....



MARKETPLACE BIBLE STUDY



Tuesday 12-1 pm - Kathryn Geddie, Leader

Location: TVA

"Uninvited - Living Loved When You Feel Less Thank, Left Out, and Lonely"

by: Lysa Terkeurst

3rd Tuesday 4-5 p.m. - Flo Samuels, Leader

Lee Hwy/Hickory Valley Retirement Center

3-4 pm 4th Wednesday: Flo Samuels, Leader

East Ridge Residence Center

Tuesday 10:30 am - Noon - Pam Morris, Leader

Location: Hixson First Baptist Church

"Reading God's Story"

by George Guthrie

Wednesday Noon - Starting Sept. 6

Cadence Coffee - 7th Street

Sarah Newby - Leader

Morning Pointe of Chattanooga

Daily Devotion with staff, Emily Thibodeau, Leader

ANNOUNCING A NEW BIBLE STUDY

MARRIAGE BY THE BOOK

Registration now starting

By: April Taylor

Location: Sound Living Counseling

6727 Heritage Business Ct., Chattanooga, TN.

DISCERNING THE VOICE OF GOD, PRISCILLA SHIRER

LEADER: JEANNIE HARRISON

SEPT. 19 12:15 - 1:00PM

REGISTER TODAY admin@scwn.org

ZOOM AVAILABLE FOR THOSE WHO CAN'T ATTEND

If you are interested in joining these studies, email Yvonne@scwn.org
If interested in leading a Bible Study or a daily devotion or Bible reading and prayer in your workplace, email renee@scwn.org



GIVE A TRIBUTE GIFT IN HONOR OF SOMEONE YOU LOVE!

Celebrate and honor or give in memory of a loved one by donating to SCWN.

[DONATE HERE](#)



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