

What's New in my Writing World

On Nov. 10, Flourish magazine will feature an interview on me and my new book, [Christmas Peace for Busy Moms](#). I am so blessed to have this opportunity for more women in the Southeast Missouri area to become familiar with my writing. If you aren't already a subscriber, [sign up here](#) to receive Flourish. It's an excellent quarterly magazine!

I'm very excited that five bloggers have agreed to be interviewed in my online Bible study. These women are wonderful Christian writers and artists, and I can't wait to introduce you to them. Their posts will appear on Thursdays during the study, which will post on my blog Nov. 1 through Dec. 2.

Whether you've read the book or not, **I invite you to join in** the online Bible study. Everyone who comments will be entered for weekly giveaways and a grand prize giveaway on Dec. 2. I promise the online study will be an easy way for you to gain even more Christmas peace!

Your Help is Needed

Over Thanksgiving and Christmas breaks, I will be writing my next book, **Newness of Life: Faith In Transitions**. I am looking for reader contributions to be featured in the book. Please email me if you have a faith story to share on any of these verses from Ecclesiastes 3:2-8.

A time to be born and a time to die, a time to plant and a time to uproot,

A time to kill and a time to heal, a time to tear down and a time to build,

A time to weep and a time to laugh, a time to mourn and a time to dance,

A time to scatter stones and a time to gather them, a time to embrace and a time to refrain,

A time to search and a time to give up, a time to keep and a time to throw away,

A time to tear and a time to mend, a time to be silent and a time to speak,

A time to love and a time to hate, a time for war and a time for peace.

You may choose to use your own name or conceal your identity. I hope you will consider sharing how your faith was impacted by times of transition, so your story can encourage others. **Email me at sarah@sarahgeringer.com**. I look forward to hearing from you!

Sarah Geringer



November Favorite Things

I've finally found a product to heal my perpetually chapped lips. It's **Hemp Lip Balm** from The Body Shop. No taste, just a smooth finish that lasts for hours.

For a really quick breakfast, I LOVE Nabisco's **Belvita Sandwich Bars** in Dark Chocolate Crème. I dip them in milk and they remind me of Oreos, but much healthier!

My all-time favorite hot tea is now on store shelves: **Celestial Seasonings' Sugar Plum Spice**. I love the spicy tang and the lingering Christmas taste. Mmm.

Exclusive Content Just for You

Finding Peace Between a Rock and a Hard Place

Right now I'm inside a situation which tempts me to **frustration, bitterness, and discouragement** almost every day. A place down inside a dusty cavern, where nourishing light and refreshing water are in short supply.

I can't get out of this situation without painful consequences. If I stay put, I'm uncomfortable. But if I move downward, I'm further stuck, and if I try to climb up, I may get wounded. I'm between a rock and hard place.

However, I am finding peace in this hard situation with God's help. Here are four ways I'm finding peace inside the problem:

- **I am meditating on God's Word and praying about this situation daily.** I pray that God will help me get through one day at a time and have the best attitude possible, even if nothing good happens.
- **I am confiding in a few trusted Christian friends** who share wisdom and encouragement with me. This relieves some of my internal pressure over a situation which must be kept confidential.
- **When the pressure fills me to bursting, I take a walk** to release the built-up adrenaline which spurs me to lash out in anger. As I walk, I take deep breaths and pray for God to set a guard at my mouth (Psalm 141:3).
- **I work hard to guard against critical judgment of the people at fault** and instead look at the situation as an object lesson on what not to do. I don't want to create a rock-and-hard-place for someone else!

Scriptures for Meditation:

May integrity and uprightness protect me, because my hope is in you. Psalm 25:21

I wait for the Lord, my soul waits, and in his word I put my hope. Psalm 130:5

Questions for Reflection:

Where do you turn for help or relief when you're in between a rock and a hard place?

If you're in a situation like this now, which trusted friends will give you encouragement?

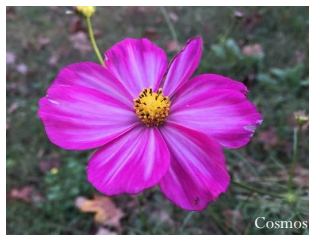
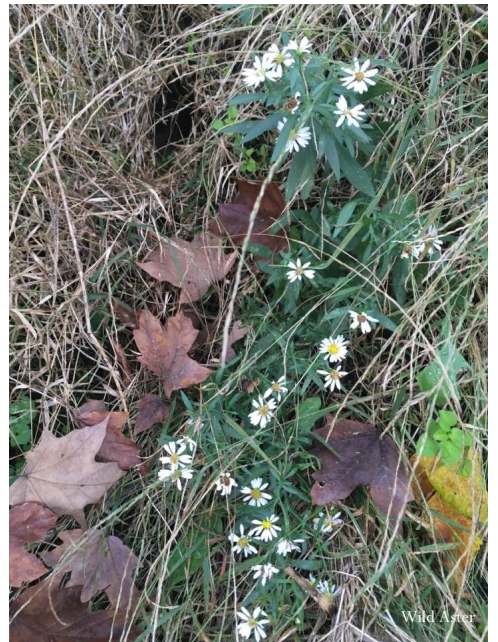
Please email me at sarah@sarahgeringer.com with the subject line "Prayer Request" if you want me to pray over your difficult situation. Your request will be kept private, and I am honored that some of my readers have already trusted me with their prayer requests. Prayer is a very important part of my day and my ministry!



A Walk In My Woods

Each month I will feature photos from my garden and surrounding property. I love exploring God's creation, and I hope you will take delight in what I find.

My poor autumn garden—so very neglected when I'm back at work and writing every spare moment. Still, I found beauty in the mess just a day or two ago. I was most surprised to find a rose verbena thriving at the edge of the patio. It's a native plant; maybe its roots pushed a purple jewel forward due to my lack of mowing. And I will bring the green tomatoes inside and ripen them on a windowsill come frost.



Sarah Geringer