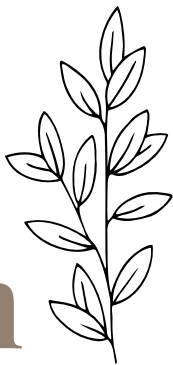


Milk & Honey Women



IDENTITY | INTIMACY | INFLUENCE

FALL 2024 EMAIL MAGAZINE

Songs

of

Praise

Cultivating
gratitude,
overcoming stress
and meaningful
gift ideas for
every season.

**MAGAZINE
LINKS ARE
CLICKABLE!**



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Take a snapshot of your life right now. Yes, in this moment, right where you are. What does that photo look like for you? Perhaps it is a moment of celebration. Congrats and excitement fill your heart overflowing. Maybe the picture is one you never imagined, as this time holds great loss and pain for you. Or for you, the snapshot may seem insignificant because it is only a picture of the mundane, the day in and day out grind of your life. Whatever that is for you, it is still an opportunity for gratitude. Yes, even that moment of grief, even that moment that seems too normal. And especially that moment of success, yes, that moment is in need of pausing to give thanks.

Our songs don't always come out of ideal moments. As we look throughout scripture, we find men and women who poured out songs of lament and praise. They did so not necessarily because the circumstance dictated that, but because they were directing their songs to God. In this issue of the Milk & Honey Women Magazine, not only do I have updates, creative gift ideas, articles, and giveaways for you, but I also have the pleasure of sharing an interview with Barb Roose. She is an author, speaker and my incredible literary agent. Barb will give you a glimpse of her story and how God equips us to become stronger than the stress trying to weigh us down.

I am grateful for you dear reader! Enjoy and be encouraged!

My recent snapshots

AS ALWAYS

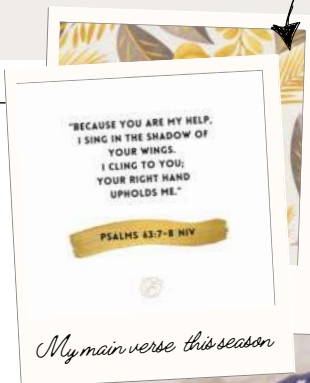
Many of you have been faithfully reading through this quarterly magazine, and **some of you may be reading this for the first time.**

Welcome!

Either way, the goal over here is the same: to encourage you in **Christ-Centered Identity, Intimacy & Influence.** I believe that as we anchor in Christ and stay connected with Him, we will release the sweetest influence, no matter what age, stage, or season we are in.

LOVE,

Jenny



My main verse this season



Homeschooling 3 of my kids



Her Part to Play in Target Stores

Encouraging you in deeply rooted, Christ-Centered Identity, Intimacy, Influence

MILK & HONEY WOMEN THEMED GIVEAWAY

Be on the look out for this star to find the giveaway link!



Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely.

PSALM 63:7-8

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SONGS IN NEW SEASONS*

BY JENNY ERLINGSSON



"I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely."
Psalm 63:6-8 NLT

*(Article first published on velvetashes.com/blog.)

Maybe it's because I was born in the month of September, but the start of fall has always caused me to exhale. My body seems to settle and sing, as if to say, "Yes, you are home here."

I belong here in the beginning of changing colors and the invitation to wear colors that complement my earthy skin tone. I've always loved how the pressing heat of Alabama humidity gives way to a cozy warmth in the day and crisp nights under twinkling stars. Songs seem easy to sing in those moments of contentedness and belonging.

Yet, this season has arrived with an unexpectedness that hasn't stirred those same feelings within me. After spending the last six years in the temperate, and often arctic, weather of Iceland, my family has transitioned to the States for an extended period of time. Although it was hard to leave, I imagined that my arrival would be easier. But each week here seems to point to a realization that I still can't quite comprehend.

It doesn't feel quite like home anymore. I gaze at the same multihued trees, the same roads, eating familiar food in the same city, but it's not the same because, in the process of being away, I've changed.

We know it's inevitable for seasons to shift, but despite the preparation, it's hard to comprehend all the layers of emotion that go into transitions. I think that can be said for various circumstances we go through. And the heaviness can make it hard to release a sound beyond tears, much less an actual song. But as I've clung to God in these moments and read the stories of women who held on to him in hard moments of their own, I've been fascinated by their actions in the face of, yes, victories but also in many uncertainties...Read the rest of this blog at velvetashes.com/blog and dig further into this topic with a special themed devotional at the end of the magazine.

VELVETASHES.COM

HAVE YOU READ

Her Part to Play?

SETTING

A bit of Hollywood and a lot of the fictional hometown of Hope Springs, which is inspired by Alabama cities, Huntsville and Madison.

UNIQUENESS

A southern, faith-filled story with a multicultural flair.

EXCERPT

"I just want to make sure you carry grace along with your boundaries. That you hold mercy as tight as your need for justice. And that you let forgiveness keep the door open to whoever God has for your future."

THEMES

Second chances
Forgiveness/Trust
Home/Belonging
Identity/Legacy
New Seasons

TROPES

Close Proximity
Frenemies to Loves
He Falls First
Different Worlds

COMMUNITY

Welcoming church, loving (and feisty) extended family, local eateries, savvy professionals, engaging neighborhood.

FOODS

A mix of yummy Italian, Nigerian, and Southern cuisine.

MAIN CHARACTERS

A makeup artist working to save her parents' legacy ...and definitely not his fan. An actor rebuilding his acting career...but feels the most at home with her.

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ANCHOR VERSE

Isaiah 43:19



UPDATES & OPENINGS

A coming opportunity for writers/authors, with a giveaway!



HAVE YOU ALWAYS WANTED TO WRITE A BOOK, BUT NEED HELP GETTING STARTED?



Over the years I've had the opportunity to help many people pray through, brainstorm, write and publish their book or workbook.

As I develop a way to encourage more writers, I would love to hear from you! If you have ever wanted to write or publish any form of book, or are interested in learning more, click the link below to complete a quick survey.

If you complete the survey by December 9th, you will be entered to win a book of your choice and a cute accessory bag for it to go in OR a \$25 Amazon gift card!



➔ Write a Blog/Article



These articles are 300 to 600 words that fit within the framework of Identity, Intimacy & Influence in Christ and align with the overall vision & purpose of Milk & Honey Women.

Don't worry about making it fit. Write what is on your heart. It will be placed where it fits the best. Make sure it is edited well and contains scripture references if verses are included. You can also include a good headshot, short bio & online links.

[SUBMIT BLOG/DEVO](#)

➔ Be Featured or Nominate Others



So many of you have full time jobs and side-hustles that display your passion and creativity. We want to know how you or a friend of yours is releasing influence.

Even if your nomination is not featured in the "Sweet Spotlight" portion of the magazine, if the business/ministry/etc. aligns with Milk & Honey Women's vision, it will be featured on our Marketplace page once that is up and running again. That way, others can see what's happening and engage. Email info@milkhoneywomen.com to nominate. Photo By: Morgan Hughes

➔ Get Published *



Boldly Beloved is a devotional by Ashley Djokoto that is perfect example of what it looks like to publish through Milk & Honey Books. You may have a

blog post-length devo to contribute or you may feel called to publish an entire book. There are opportunities to do both, with free anthology openings and publishing services for a fee through milkhoneybooks.com.

I have limited openings for 2025! Check out www.milkhoneybooks.com for more info!



A few of our published books

Inspired to Write

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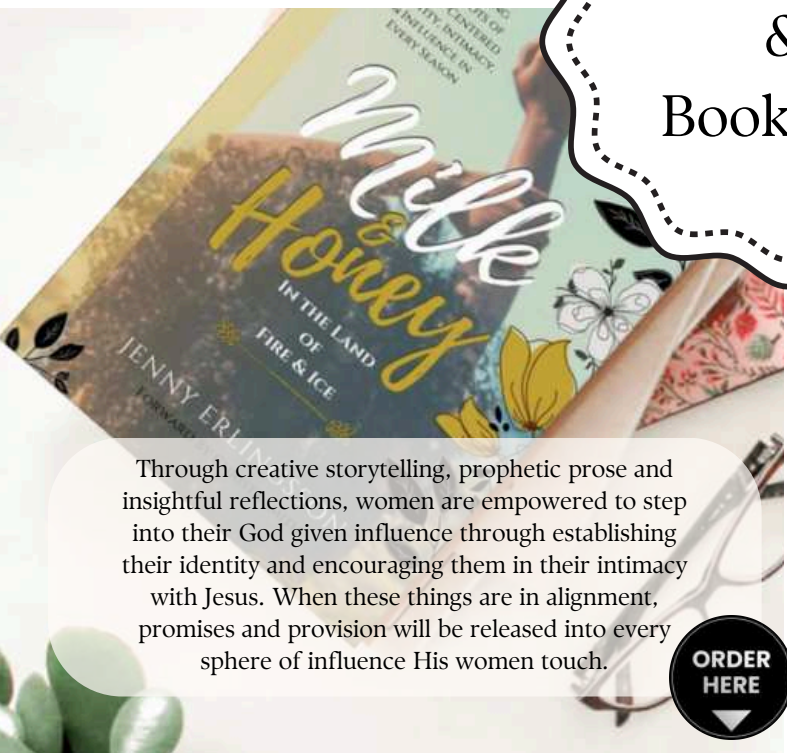
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Through a creative blend of gripping narrative and relevant reflections, Jenny Erlingsson tells the powerful stories of both well-known and obscure women of Scripture—Esther, Mary, Ruth, Huldah, Jael, Tamar, Noah’s wife, and others. Their timeless examples hold the key to finding your God-given identity today.

Book News & Book Info



Through creative storytelling, prophetic prose and insightful reflections, women are empowered to step into their God given influence through establishing their identity and encouraging them in their intimacy with Jesus. When these things are in alignment, promises and provision will be released into every sphere of influence His women touch.

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The Milk & Honey Women Devotional Journal is filled with authentic insight from women who walk in your shoes.

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Desperate for extra income, Adanne accepts a last-minute job as a makeup artist for a movie that’s filming in her small Alabama hometown. But the money hardly seems worth having to face the actor who got her fired from her last job in Hollywood. Sparks fly on and off the set, but will either of them follow the pull of their hearts?

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Do you read in a group? Get the HPTP book club guide!



SWEET
SPOTLIGHT

SPEAKER
AUTHOR
LITERARY AGENT

MEET *Barb Roose*

Hi everyone! I'm a speaker, author & literary agent passionate about teaching women how to live beautifully strong and courageous despite their fears because I believe that God has a great adventure of faith and purpose for each of your lives. I love traveling the country and speaking at women's conferences, leadership events, and retreats. I'm a Bible teacher on the Aspire Women's Event tour. I've spoken at the Proverbs 31 Ministries She Speaks Conference and UMC Leadership Summit and am a presenter for the Proverbs 31 Ministries COMPEL Pathway series. I live in NW Ohio and am the proud mama of three adult kids, two bonus in-law kids, and an assortment of grand-dogs and grand-cats. I love visiting with my friends, farmer's markets, and reading; whenever possible, I always plan to eat dessert first!

What does your current season look like?

Great question! My current season looks like a visit to a cute local coffee shop in the middle of the quiet afternoon.

I like to visit coffee shops to catch up on work, sip a hot cup of tea, and look out the window while I catch up on my emails and often myself. It's been a robust two years of writing books, lots of travel, and a myriad of personal challenges and now it's time for a pause. I'm on a break from writing books and from taking on any new obligations in my life. While I'll keep working, it's also time to check in with myself, and see what shifts or pivots I need to make in managing myself and my career.

What are some challenges you have faced in your career? How did God meet you?

My life fell apart as my publishing career began. I'd never planned to have a publishing career, so it was a giant leap of faith once I felt God prompting me to leave my full-time secure job at my church in October 2015 to step into the unknown journey of self-employment as a Christian speaker and author. My then-spouse left our family for almost six months in that same season. I never doubted God's prompting to leave my beloved job, but that season of uncertainty and loss was painful.

Over the next three years, I wrote and released four traditionally published books and Bible studies.

I also endured an addiction crisis in my home, the deaths of my father and father-in-law, and another marriage separation before the death of my 26-year marriage in 2019. Much of that season was just getting through one day at a time. As people around me would talk about their hopes and dreams for the future, I couldn't even begin to fathom the future. I clung to God each day like I had no other source of air or strength. The gift of that season was learning that when it seemed as if I'd lost it all, God was truly enough.

What inspired you to write your latest book, *Stronger Than Stress*?



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I wrote *Stronger Than Stress: 10 Spiritual Practices to Win the Battle of Overwhelm* because Jesus had to save me from my toxic habit of trying to do it all! Can anyone relate? I'd regularly take on too much to do, never give myself enough time to do it, and I often tried to be everything to everybody. I was stuck in a non-stop stress cycle, and it took circumstances beyond my control for me to learn how to stop setting myself up for overwhelm and burnout.

The a-ha moment came for me during a women's leadership development small group at my church over twenty years ago. I read Richard Foster's *Celebration of Discipline* for the first time. Even though I grew up in the church, I never learned about spiritual practices and how they equipped me to walk in the way of Jesus and experience the peace of Jesus. Since Foster's book is over thirty years old and not specifically written for today's Christian woman, I wrote *Stronger Than Stress* to teach godly spiritual practices to women that create a path to Jesus' peace in our stressful and overwhelming lives.

Why is this such a vital message, no matter your age, stage, or season?

If we believe the data, then large numbers of women are dealing with daily overwhelm. Wouldn't it be wonderful to teach ourselves AND the next generation how to avoid overwhelm by modeling how to surrender, take a day of rest each week, live in a healthy community with other Christian women, and submit to the leading to God's Holy Spirit? We can always use these spiritual practices no matter our age, stage or season of life.

As an author, speaker, and now literary agent, you interact with so many people. Is there something consistent you see God doing in their lives?

God is always showing us His grace. If God treated us as we deserve, we would not be here today. God's grace, which is His undeserved kindness, lavishes every moment of each day of our lives. As someone who interacts with many people, one of my favorite observations of God's grace is the opportunity to share what we've been through after we go through it. God has given us the ability to be transformed and to heal from life's heartache and heartbreak. That beautiful gift of grace can be shared for the blessing and benefit of others – and that's really cool to see.



“Wouldn't it be wonderful to teach ourselves AND the next generation how to avoid overwhelm by modeling how to surrender...”

What is the best way for a potential author to prepare themselves if they are interested in stepping into the traditional publishing space?

Be patient, prepare, and be patient. That's the big picture. On a more practical level, head to a writer's conference. Yes, it's an upfront investment, but it will save you months and years of going in the wrong direction, wasting your time trying to figure things out on your own. Almost no one accidentally stumbles into traditional publishing without any help or guidance. I suggest attending one writer's conference each year, where publishing editors and literary agents will be on-site. These are the people that you need to advance in your journey toward the goal of traditional publishing.

What does the perfect day for you look like?

My perfect days are quiet, with nothing on my schedule and absolutely no thoughts working through my brain. Oh, and Chipotle.

How can we pray for you?

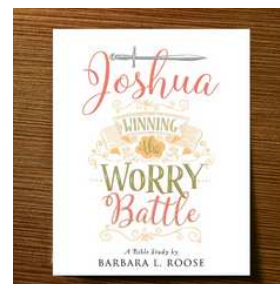
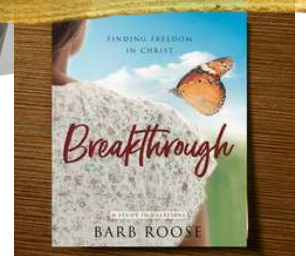
Thank you for asking! I covet prayers – yes! My daily goal is to live out Luke 16:10, where Jesus teaches us to be faithful in the small things. While my daily spiritual care and physical self-care habits aren't small things, these are the building blocks that support God's assignment for me. Please pray that I remain faithful to those small daily habits that keep my eyes on Jesus and fully trust wherever God leads me.

How can my readers get in touch with you?

It's been so nice to visit with everyone, thank you for hanging out with me. Come over to see me on [Instagram](#). If you like free gifts, visit my online home at [BarbRoose.com](#) and grab a copy of my free e-book, Taking Care of You in Tough Times: 101 Self-Care Tips. When you sign up, you'll also receive my weekly Happy Monday devotional, which kicks off your week with Jesus and a smile!



**MORE OF BARB'S
RESOURCES**



Thank you Barb! And she definitely does send out the best weekly devotionals! I am so thankful to have Barb as an agent and friend. Her words are full of practical wisdom and encouragement.

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SWEET SPOTS

Creative Gift Guide

Looking for something experiential, creative, or inspirational to add to this year's gift list? Look no further...you just might find your new favorite. Click the images to find out more.

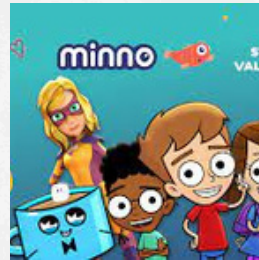
For Kids & Families



The Chosen Adventures Kit



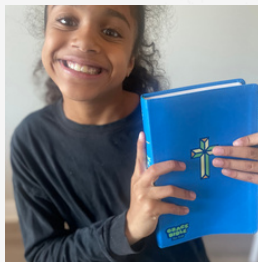
Faith-based streaming service



Faith-based streaming service



Mary & Martha Cookbook Stand



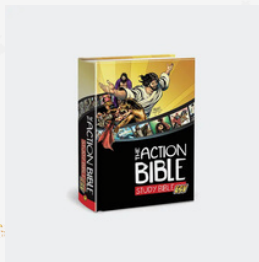
Grace Dyslexia Bible for Kids



The Kitchen Devotional



Faux Leather Bible Cover



The Action Study Bible



Kingdom Girls Bible



"No Worries" Tote bag



Margot + Co - The Wordsearch Book

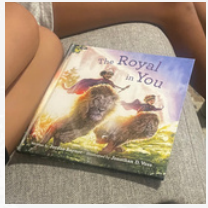


The Rustic House Candle in Milk & Honey



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For The Reader



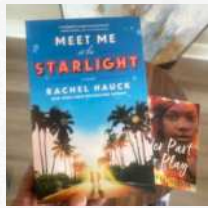
By Jordan Raynor
(children's)



Timeless Series



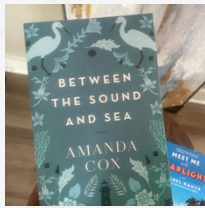
By Jasmine Mullen
(Middle Grade)



by Rachel Hauck



by Toni Shiloh



by Amanda Cox



by Tessa Afshar



by Xochitl Dixon
(children's)



by Jenny Erlingsson
(in Target, too)

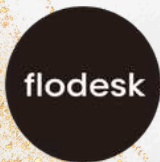


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GUEST ARTICLE

WHAT'S IN A NAME? SOMETIMES EVERYTHING

by Rachel Greening

It was the flicker in his eyes that told me I was busted.

It was a left turn at a stop sign that I had taken too fast and a split second decision to glide through instead of obeying the rules of the road. Behind the bushes sat a black unmarked truck. The driver and I made eye contact, and recognition immediately flooded my senses. I had pulled over before he even threw on his lights because I knew I had been caught breaking the law by the law incarnate.

Emotion like an ocean wave moved from my belly to my head, filling my ears with its rush. I had three kids in the backseat who had many questions about why we had stopped the car so soon into our drive. All I can remember thinking was how I needed to model submission to the personified authority of the law that was now sauntering toward my driver's side window.

He took my license and registration, and my eyes glanced over his badge with his surname. Jolly. He's not so jolly, said my distant inner voice as he lectured me. I caught the words "failure to stop" and "unsafe". So intent on my goal of being a model citizen to my kids, I didn't utter a word of protest in my defense.

Dangerous driver.

He glanced into the back seat and saw three fidgety kids with curious eyes. "You really need to slow down with kids in the car."

Unsafe mother.

After taking my license to his vehicle, he returned with a ticket. I was now a little breathless from my galloping heart and the mental restraint of keeping my self-righteous indignation at bay, all the while trying to answer the children's questions with fairness. He paused before letting me go. "I'm going to have a look to see that the car seats are properly installed."

Negligent parent.

Now my face was red, and not from the summer heat.

*Some of the links may be affiliate links that don't add any cost to you and may give you a discount or two!

After seeing the seats had in fact been correctly installed, he gave me permission to leave the scene of my crime, eyes burning with unshed tears, more than annoyed that a few dropped without my consent already. As I drove my children to summer camp, the ordeal swirled around in my head on a carousel.

Dangerous driver. Unsafe mother. Negligent parent.

Guilty.

I held onto my shame for weeks, marinating in condemnation. It was a dear cousin who shattered its hold as I spilled my story and tears out to her as we waded in the lake together on a family beach day.

“You know why you’re so upset, right? He was criticizing more than just your driving.”

Not until that moment had I realized the names I had internalized from my brief brush with the law. I am hardly the first person to get pulled over by a police officer, but it wasn’t the infraction or ticket or demerits that offended me: It was the officer’s judgment of my character.

He didn’t use words to give me these labels—words are not always necessary. There are oceans of meaning behind a question, or posture, or scowl.

People are very good at lying—it’s in our nature. And sometimes we can fool even ourselves into believing the lies our own perceptions, or the judgements of others, invent. But as Christians, we do not need to live in that false reality: “But that is not the way you learned Christ! — assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.” (Ephesians 4:20-24 ESV)



by Rachel Greening

Rachel Greening writes stories for kids and words of hope for grown-ups. She is a graduate from the University of Toronto and is the author of the picture book “If My Oak Tree Could Speak”. She has written for various publications such as Risen Motherhood, The Gospel Coalition Canada, The Grace and Grit Project, Just Between Us Magazine and The Truly Co. Rachel lives with her family in Campbellville, ON, Canada, where she now stringently obeys every traffic sign. For more, please visit rachelgreeningwrites.com.

I am a careful parent and my mistakes do not define my worth: “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

Psalm 73:26 NIV

Our flesh is corrupt and will lean into deceit. As believers in Christ, we have the beautiful ability given by the Spirit to renew our minds, washing it afresh in the truth of God’s word. Lies need to be exposed and cleared away because only then can that empty space be filled with truth.

I am a good driver and I sometimes make the wrong choice: “Surely there is not a righteous man on earth who does good and never sins.” (Ecclesiastes 7:20)

I am a safe mother and I make mistakes: “Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.” (Proverbs 28:13)

I am a careful parent and my mistakes do not define my worth: “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” (Psalm 73:26)

Our new self, created in God’s likeness and righteousness, can take responsibility for our wrongdoing, confess our sin, then live in the freedom of “no condemnation for those who are in Christ Jesus” (Romans 8:1).

Have you been leaning into a lie? Whether it’s a label from another or a shame you’ve constructed, it’s holding you back from your inheritance of freedom in Christ. Bring the lie into the light of truth and feel relief as God releases its grip on your life.

We live in the newness—and truth—of Christ alone.

His name is the only one we need.



DEVO
FALL
2024

Deborah

Hear this, you kings! Listen, you rulers!
I, even I, will sing to the Lord;
I will praise the Lord, the God of Israel, in song.
—Judges 5:3 NIV

To who or what do you need to speak to in boldness about the song you are going to sing?

What does the Lord have to say to you through this verse?

What are some ways you can plant this truth deep in your heart?

What areas of your life do you need to apply this verse to? Pray



To enter to win a copy of this verse booklet, email me back with a song that you having been singing lately.



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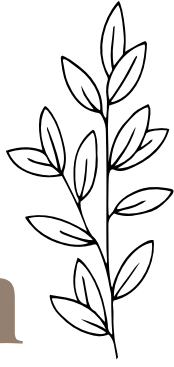
MilkandHoney2024

Lord, cultivate in us hearts
and songs of gratitude.

Thank you
for your faithfulness.



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