

Spotlight on a Young Woman



Say hello to Amanda Hankemeier, an LWML Texas District young woman who is a wife, mother, teacher, and LWML sister. She and her husband fostered, and then adopted, their son about four years ago. Amanda's favorite Bible verse is Isaiah 40:31: *But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.* Amanda got involved in LWML about ten years ago as a way to connect with the women in her church. Amanda is passionate about educating children and helping victims of abuse. Because of these passions, the two 2017–2019 LWML Mission Grants that speak most to her are the building of the school in Uganda [photo above] and the Mercy House in Michigan. Amanda's advice to future YWRs is to get involved, learn about mission grants at district and national levels, and connect with women of any age. Amanda enjoys "letting go" — to retreat with God. She daily spends time in the Word and prays first thing in the morning. She also sets aside time to go to retreats at Camp Lone Star in Texas. As she says, these retreats, "allow me to take off my wife and mom hat and focus on wearing my child of God hat!"

Let Go, and Let God

I have heard that statement many times. However, in my life, I sometimes feel I have to do it all. I have my own expectations and do not want to see myself as a failure. I feel that if I truly let go, things will not go the way I want them to go. Only when I turn it over to God is the burden lifted. Through faith I am then released from my desires so I can do what He wants done, in His way, and His time. *Cast your burden on the Lord, and he will sustain you* (Psalms 55:22).



A Simple Reminder to "Let Go"



It's hard, isn't it, to let go of everything going on around you and make time to talk to God or listen to what He has to say to you? Well, here is a little trick I use to remind myself to let go of the world around me and make time.

I have a smartwatch that has a breathing app on it. While at first I found it annoying that every hour it would remind me to take time to breathe (insert annoying voice in my head saying "I AM BREATHING"), I decided to take that reminder and put it to good use.

Now, every time my watch goes off and reminds me to breathe, I stop what I'm doing, let go of the world around me, and pray to God — maybe it's a prayer for a friend I had forgotten to pray for; maybe it's a prayer for my children; sometimes it's for my own sanity. I take that minute every hour to talk to my Creator.

Now, maybe you don't have a watch that reminds you to breathe, but I'll bet you have a phone that has a reminder app. Try setting it to remind you a few times a day to let go and pray. It's amazing what happens when we do.