



## IS YOUR BURDEN HEAVY?



I have just returned from visiting the work of Freeset, in Kolkata, India. It was a sobering thing to sit with women who have struggled all their lives to find freedom in who they are and in God. It was even more sobering to walk the streets of the red light district where they have come from, and to speak with women who are still working the trade day in and day out.

One of the things that impacted me was the burden of heaviness that was upon that place. There was an oppression of spirit that was not only visible in the eyes of women, but was a tangible presence with us constantly.

We were not meant to carry the burdens of life alone. These women at Freeset have been introduced to the One who carries the load for them. We stood and worshipped together and in that moment, we were truly free and there were no differences between us.

I am reminded of an old hymn I used to sing when I was younger. 'Reach out to Jesus' says it all:

**Is your burden heavy as you bear it all alone?  
Does the road you travel harbor dangers yet unknown?  
Are you growing weary in the struggle of it all?  
Jesus will help you, when on His name you call**

**Chorus: He is always there, hearing every prayer, faithful and true  
Walking by our side, in His love we hide, all the day through  
When you get discouraged, just remember what to do  
Reach out to Jesus, He's reaching out to you**

My prayer is that today you will walk a little lighter knowing that Jesus carries our burdens. No matter how large or how small they are, He is always there waiting for us to reach out to Him.

With love in Him

Karen Wilson  
Baptist Women's President WA



*Karen is the WA President for Baptist women. She is currently working for Willow Creek, USA as an Executive Director for GLS Asia. She has a husband and two children [21 and 18] and has a strong desire to see people live and minister out of a place of health and passion.*

### Prayer for Today

Dear Lord,  
Thank you, Lord, that you walk with me and carry the burdens I face in life. Help me not to rely on my own strength, but to let you carry the load. Fill me with a sense of peace and rest that can only be found in You. Today, I give you the worries I face and ask that you hold them for me.  
Amen





Have you been to Fresh? Are you pre-registered for 2011?

We have taken everything you love about Fresh and made it even better!

*Fresh* is an amazing event filled with wonderful worship, great speakers and a chance to connect with other Christian women from all over WA. This year we welcome **Helen Meyer** (Careforce Lifekeys), **Karen Wilson** (Baptist Women WA) and **Annie Hilton** (Freeset) to share their messages with you.

Fresh 2011

When: Saturday September 17

Where: Churchlands Christian Fellowship (154 Balcatta Road, Balcatta)

Time: 8.30am—5.00pm

Fresh **Leadership** is NEW for 2011! This day is designed for women in Leadership in their church or community. Our speakers Helen Meyer, Karen Wilson, Annie Hilton, Elaine McElroy and Anne Galambosi will inspire and encourage you in your area of Leadership.

Fresh **Leadership**

When: Friday September 16

Where: Churchlands Christian Fellowship (154 Balcatta Road, Balcatta)

Time: 10.00am—2.30pm

Fresh **Kids** is now available for children 0-6 year during our Saturday conference!! Children's workers will provide an awesome day with activities to keep your children entertained in the newly renovated kids area with purpose-built rooms and a fully-covered outdoor play area.

**Flyers will be winging their way to past attendees in the next few weeks! If you would like to confirm you're on our mailing list, please send an email to [info@women.baptistchurch.net.au](mailto:info@women.baptistchurch.net.au).**