

Do You Want Your Eggs Scrambled or Fried?

By Barbara Dwyer

This publication has turned the page in its growth and rebranded itself as **Authentic Woman Magazine™**. That title is a lot to live up to. Being authentic isn't easy. Just ask Maggie Carpenter, the *fickle Runaway Bride* played by Julia Roberts.

Maggie realizes her good-girl, people-pleasing nature has left her void of any real self-knowledge. She doesn't even know what kinds of eggs she likes to eat. In one comically powerful scene she systematically cooks and tastes every kind of egg dish she can think of. Scrambled, fried, poached, 3-minute, and Benedict, to name a few; she tried them all only to discover she did in fact have a favorite. This simple revelation was the breakthrough she needed to begin the process of discovering her authentic self.

To be authentic is to make your soul visible. Authenticity is a meaningful way to live in the world while being faithful to your own internal character, values and ideas. Admittedly, that's a big statement and not easy to do. There are pressures

to conform, to buy certain products, to be loyal to a particular political party, to worship in a distinct way, to wear the right clothes, live at the right address, have the right title or vacation at the right place.

If you wonder about your own level of living authentically, here is a hint to find out how authentic you are. Think about all the times in a week you think, say or react to the word "should". I should do this, you should do that. She shouldn't do this, or she shouldn't do the other thing. "Shoulds" are strategic ways of controlling others and being controlled by others. To recapture your authentic self from the grips of this power, break free and declare, "Don't should on me!"

Ask yourself this, on what foundation is your authenticity built? Understanding your God-given purpose and appreciating your talents and gifts is impossible without self-awareness. When the winds blow, and they do, if your foundation isn't firm you will be blown over or, like Maggie Carpenter, make poor choices.

Inspire! Ministry for Women offers a solution through the use of **Vision Board Workshops**. You will get a better, more firm foundation for your future, in one strategic morning workshop. You will experience a renewed sense of calling, appreciation for your purpose and vision for a more authentic 2010. Take the time to build your foundation now!

VISION BOARD WORKSHOP:

The next workshop is **Saturday, January 23, 2010 from 8:30 am - 12:30 pm** in Naperville. Location details will be given upon registration. Cost \$50.



Barbara Dwyer, co-founder of Inspire! Ministry for Women has an MSW from George Williams College and a BA in Social Services from Concordia University, Chicago. Having served as Director of Community Development at Benedictine University for nine years, Barbara ventured off earlier this year to found this organization. She is a speaker, local columnist, and is currently involved in Christian Studies at Northern Seminary in Lombard, IL.

2010 INSPIRE! WOMEN OF THE FAITH LUNCHEON SERIES

Inspire! Ministry for Women has monthly luncheons on the 3rd Friday of each month. Cost: \$25 when paid in advance, \$35 when paid at the door. Reservations are suggested, space is limited.

Each luncheon is at:

Meson Sabika Restaurant, second floor, 1025 Aurora Ave., Naperville, IL
From 12:00 noon till 1:30 pm

Upcoming Topics

January 15th

Signs of Hope: Finding Your Rainbow, featuring Jan Dusek

February 19th

Modern Day Moses, Harriet Tubman
[In recognition of Black History month]

March 19th

Journey Through Uncertainty - Ruth's Story

To register for all Inspire! Ministry for Women events go to
www.inspireministry.com.



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