

## ON A MISSION FOR MERCY

City Church Women leaving footprints on the Yorkshire Three Peaks, and heartprints on their world...

### SARAH

Well me being me I'm not one to back down from a challenge so when invited to climb up 3 mountains in 1 day my initial response was "yep definitely I'm there". Ok I'm lying; it was actually: "No way! I'm not fit enough; I've not done any exercise since I left for New York". But with a little gentle persuasion of just how good it would be I said yes and then was too stubborn to change my mind! So the group of 9 of us set out walking at 6.30am and basically walked for 12 hours straight. I

had not quite comprehended just how long it would take us before we began, and am I happy to say no one really mentioned it, as otherwise I may have thought twice. But what a great experience; an opportunity to see God's creation, spend the day getting

to know others who I had not met before and be part of something even greater than I had originally thought.

There were many people walking that day (some would say it was busier than the M6!) which was a surprise and this actually put me more at ease... knowing help may be around if I ended up collapsing or breaking a leg (ever positive me!) Thinking about this now I would compare this to the Christian journey (not the breaking the leg part!) Many times we can worry and stress because we think we are on our own and we can't do it, but all we need to do is stop and look around and be encouraged to see there are many more people on this journey with us. We are certainly not alone, but are all heading for the same goal. I love this verse: Hebrews 12v1

reads: "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith". Some people may appear to be quicker, further along, more focused, better prepared or more joyful than us but this does not matter. It does not matter how long we take or necessarily how we do it but that we carry on our own journey with Christ

### JAMES 1 V 4:

LET PERSEVERANCE  
FINISH ITS WORK SO THAT  
YOU MAY BE MATURE AND  
COMPLETE, NOT LACKING  
ANYTHING.

and help others to do the Do not get overcome by the situation or task ahead. Remember it's ok to have doubts, to take your time, to give things a go and even to fail at times. God is not bothered by this he just wants us to not give up

completely and rely more on him more in the process (and perhaps learn a thing or two along the way!) So during the day we stuck together, taking regular short breaks and helping one another through thick mud, steep inclines and declines, gentle tracks, rain and cloud. It was difficult in places but that is when we supported one another, waited and encouraged each other. We persevered and God gave us the strength to carry on. I would love to say the view from the top of each mountain was stunning (and it probably is) but as true to my mountain climbing experiences so far (which are not many!) it was cloudy and I could not see a thing! So would I do it again? Yes certainly.

Who's up for it??

### THE CHALLENGE:

The Yorkshire three peaks:

Penyghent 694m

Inglebrough 723m

Whernside 736m...

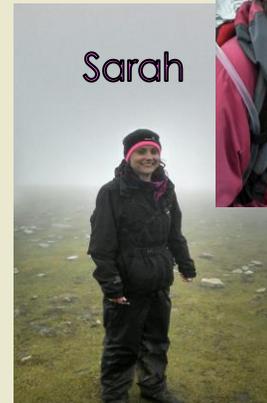
A total climb of 7.064 feet

2153Mtrs.

### Caroline



### Sarah



### Tammy's Troops



Tammy, Caroline and Sarah raised an amazing £475 through The Three Peaks and the Guild Wheel

## CAROLINE

When Tammy asked me earlier in the year whether I would be interested in doing the '3 Peaks Challenge', I leapt at the chance. Since having children I have really missed being able to get out easily and go for a run or a walk. With hindsight, I realize that I am a glutton for punishment considering that my longest walk in the last 5 years was about 4 miles! The walk was to raise money for Mercy Ministries, who do an amazing work in transforming young women's lives and giving them a hope for the future to help realize their potential. It is a charity which I am passionate about and I am very aware of how some of these emotional and psychological issues can ruin lives. The practice 18 mile walk up and down Nicky Nook in sunny Lancashire went well. However this did not prepare me fully for the challenge of the 24.5 mile, 3

Peaks walk and the weather that lovely Yorkshire threw at us. It rained for the first 10 miles at which point we were soaked to the skin and pretty disheartened. However we persevered and trudged onwards and thankfully the sun did come out for the next peak and we had a spectacular view of the Ribbleshead Viaduct on the way off Whernside. The last peak was tortuous and seemed never-ending as we climbed up into thick fog. But with lots of talk of baking, and great leadership from Tammy and Steve who kept me going by telling me continually that the summit of each Peak was around the next corner (eventually it was!), we got there in the end, and had a well-earned pie and a pint. It was a great achievement and a fantastic opportunity to build relationships. I found it a lot tougher than I had

imagined and swore that I would never do it again. However, on waking very stiffly the next morning, I think Chris heard me mutter something about attempting it again, albeit in better weather. I am a glutton for punishment! This has been a valuable lesson in the fact that I cannot take fitness for granted (particularly as I head towards 40!) and that I need to take seriously the responsibility of maintaining good health. It was fantastic to be able to share with family and friends the work of Mercy Ministries, and it has been a blessing too, to see the recognition and support of the valuable work that they do. So onto the next challenge and opportunity to raise some money... see Tammy!

## TAMMY

So where do I start? Well I decided that I wanted to raise money for a charity close to my heart so Mercy came at the top of my list. But I also wanted to empower women I wanted to give some of our women the opportunity to take part in something they had never done before something where it would test them to the point where they would have to trust their own judgment and share with and encourage other women.

The Challenge: The Yorkshire three peaks: Penyghent 694m Inglebrough 723m and Whernside 736m. A total climb of 7,064 feet 2153Mtrs.

When I first asked the ladies if they wanted to take part in the challenge they thought I was joking. Let's just say lots of cake and goodies were consumed to make it a bit more inviting. So the planning of the event was good because it brought 10 women initially together who had never met each other before so the social side of the event was really good we enjoyed lots of nice food and lovely cakes.



The events of the day:  
**Saturday 18th May 2013**

5am - meet at Tammy's House.

6.10am - set off from Horton in Ribblesdale to make our first climb for Penyghent.

7.30am - we make the top of the first mountain and we are getting soaked but the pace is good and everyone in good spirits.

12.30pm - Lunch and yes we are soaked through and already had 4 toilet stops but we are making good time. People are beginning to feel a little tired and fed up with the rain but we crack on and I sing my way to the top. God's presence was awesome and was kind of nice having the rain in my face singing Saviour King. I had done this route before but was trying to get a quick time but this time it made me think about how much I have changed and how far we had all come in that time. I felt privileged to share this experience with such amazing people.

3pm - We are at the top of our second mountain Whernside. Quick food stop and off we go... We are welcomed with a coffee van at the bottom and a proper toilet.

4pm we are heading for the top of our last climb which is the second highest and is a scramble but we all stuck together and encouraged one another to get to the top

We managed to finish the route by 6pm and Lucky for us some of the ladies had managed to get us a table at the pub we enjoyed lovely food and a good chat about our day. We also did a Secret Santa type thing so each person was blessed with a small gift. A truly amazing day!

Hi Lovely Ladies,

We would like to thank you for all your contributions towards the various projects that we have undertaken to support our friends and partners in the wonderful work that they are doing in reaching the lost and healing the broken hearted.

As we partner with each other, and offer ourselves, our gifts, our talents, our energy, time or money, we believe that God multiplies what we sow and brings about a great harvest; not only in the broken lives that we are reaching out to, but also in our own journey of transformation.

  
*The highest reward  
for a person's toil  
is not what they get for it  
but what they become by it.*

*John Ruskin*  


Ephesians 1:11-12 from the Message says: "It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone."

We pray that as you read this you will know that you are CHOSEN by your Heavenly Father, to be transformed into His glorious image, to do great works that He has prepared for you... even before you were born.

May you experience His amazing love today...

With lots of Love x  
The CCW Team



City Church Women  
*Leaving heart prints on our world*

## WHO ARE MERCY MINISTRIES UK?

Mercy Ministries UK is a national charity dedicated to providing a six-month, free-of-charge residential programme for young women, ages 18-28, suffering from life-controlling issues such as eating disorders, self-harm, depression, and the effects of abuse in all its forms. Mercy Ministries UK is an affiliate of Mercy Ministries International. With nearly 30 years of experience we address all aspects of a young woman's wellbeing - physical, spiritual and emotional - and deal with the root cause of her issues. We desire that every young woman not only completes the programme but also discovers the purpose for her life and returns to her community adding value as a productive citizen. This is accomplished through our structured programme consisting of:

- A discipleship programme called Choices that Bring Change, which offers in-depth individualised sessions on a one to one basis
- Biblical teaching
- Life skills training
- Fitness and nutrition
- Residential care 24 hours a day, 7 days a week

