

## KEY MESSAGES

These Arise key messages convey the Arise story in a safe, approved manner. You are not restricted to solely these words but we trust they offer a guide. These key messages will be updated over time. Please visit the Arise online kit for the latest version.

If you have any questions, please contact us at [arisewomencare@gmail.com](mailto:arisewomencare@gmail.com) and we will endeavour to assist you.

- Arise exists to invest in women for leadership across Central Asia, the Middle East, North Africa and beyond. The team's focus is supporting Christian women living under a lack of freedom, based on deep belief in their worth, gifts and talents, and divine destinies.
- To describe Arise, it is an adventure, a tapestry of relationships serving women of courage, and a ripple effect with eternal value. The practical expressions of Arise are in-person and online gatherings designed to inspire, heal and equip women.
- Arise started with a cup of tea with 19 women in 2005. Today, Arise is a vibrant ministry. In 2022, Arise welcomed 147 women and 118 ministry team members from 17 nations and regions, spanning 7 languages, to gather and grow together over five days.
- At an Arise conference, a woman can experience rest, healing, love, kindness, growth, maturing, clarity, breakthrough, fellowship, contemplation, laughter, friendship, learning and refreshing. From hearing God in a plenary teaching session, to waiting in His presence in the soak room, to receiving the healing power of touch in the spa room, to receiving deeper prayer, counselling and more, an Arise conference spans holistic ministries to body, soul and spirit.
- The next Arise conference is in March 2024. The theme is 'God in My Story: Lessons for Everyday Living from the Book of Ruth', exploring the story of Naomi and Ruth, looking at their choices and further discovering what our lives can look like when we each have God in our story.
- Following plenary sessions, A24 will flow into a diverse range of ministries. Freedom prayer, spa, one-on-one counselling, story-telling and spiritual direction appointments will run alongside additional teaching and elective sessions, and individual reflection time in the soak room. Our team of healthcare professionals will offer clinic hours for health and wellbeing checks, women's health seminars and as-needs health support. Fellowship over meals and evening celebrations are also central ways in which God meets with women.
- Conference participants return to their families, faith communities, workplaces and nations refreshed and ready to continue serving in some of the most difficult regions of our world.
- The support of a growing host of 'friends of Arise', stretching around the globe, makes it possible for these Christian women to participate in Arise conferences and wider work. It costs around US\$1,000 to send one woman to an Arise conference, with each woman contributing to her expenses and the ministry team funding their own way.
- For the 2024 conference, Arise wants to invite more than 180 women from 15 nations. These women come from cities and rural communities, flatlands and mountains. Some are women of means but many have no financial wealth to speak of. They are medical professionals, educators, small business entrepreneurs and more. They are wives, mothers, daughters, aunts and sisters. They are leaders.
- Every Arise donation directly supports the women it serves – yet, as Arise says, one woman isn't just one woman – she's an investment in a nation. Every donation to Arise is for lifetime value.
- To connect with Arise and be part of supporting women across Central Asia, the Middle East, North Africa and beyond, people can:
  - Pray for the women Arise serves and for their time at Arise, wellbeing and opportunity, and nations
  - Invest by donating to Arise via the Arise website
  - Join the ministry team, with applications closing on 12 January 2024
- For enquiries about Arise, people are encouraged to visit the website at [arisewomen.care](http://arisewomen.care)

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