

## **How You Can Use Velvet Ashes to Help Your Missionary Women With the Pressures They Face**

Amy Young, author of *Looming Transitions*; *Love, Amy*; *All the News*; and upcoming *Getting Started*

Velvet Ashes is an online community for women missionaries (though we never use the “M” word, so people can participate in closed countries).

### **Basic parts of Velvet Ashes:**

- Blog: weekly themes, culminates in The Grove (<http://velvetashes.com/blog>)
- Book Club (<http://velvetashes.com/book-club>)
- Connection Groups (<http://velvetashes.com/get-involved/connection-groups>)
- Personally timed series for going to the field and transitioning from the field (<http://velvetashes.com/series>)
- The Annual Online Retreat (<http://velvetashes.com/the-retreat>)
- The Map
- Social Media: Facebook and Instagram @velvet\_ashes

### **How you can use Velvet Ashes:**

- Share with people you know preparing to go to the field, on the field, or in some form of re-entry
- If your missionary already is a part of Velvet Ashes, ask her which articles or themes are been meaningful for her recently
- Take the theme of the week and ask your missionaries questions related to the theme—both are her and where she serves
- Read the articles and comments to help you grow in your understanding
- Subscribe to *Have You Seen*—weekly digest and links to other missionary related articles
- Buy the book club book for your missionaries (or participate yourself)
- Tell people about Connection Groups (or volunteer to lead one yourself)
- Provide the “Personally Timed Series” to your missionary
- Inform and purchase this year’s retreat
- Provide a care package for this year’s retreat
- Purchase the previous four retreats and use the testimony videos as a training resource of your mission or member care team
- Be aware of Velvet Ashes “Resource” Page – for counseling, debriefing, and more