



When God tapped my husband on the shoulder and told him to start a security ministry for churches, I really didn't expect to participate in this ministry. This was something that would be totally foreign to me. As a size 8 woman, closer to sixty than fifty, who never participated in any organized sports what good would I be in protecting the church?

After receiving the self-defense training and finding my strengths and limitations, I can truthfully say that not only am I more confident person in my everyday life, but I know I am an important part of the Team.

My strengths as a female team member include observing people and reporting any suspicious activity. Most intruders are not going to worry about a woman being a problem for them. As a woman, I am better prepared to deal with children in crisis; such as children being lost or hurt. And as a woman, I can go places that men normally cannot go, like the women's restroom or the nursing room for mothers. Many times women who are in need of assistance, especially the elderly women of our church, will approach one of the females on the Team before they will "bother" a male Team member.

I have learned many self-defense techniques that I can use in everyday life as well as while on duty as a CARE Team member. However, I feel my strength to the Team would be in reporting suspicious activities and being able to give complete descriptions of suspicious subjects; calling for back-up or the police; and/or directing congregants out of the church in case of a fire or earthquake emergency, thus freeing the male Team members to assist in the more difficult duties.

I have thoroughly enjoyed being a part of the CARE Team ministry at our church and I know that women are an important *and* necessary aspect to the Team. I would encourage women of all ages to consider becoming a partner in this type of ministry.

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