



## SOWGF Syndrome

Written by Betsy

**Sammy is a delightful, freckle-faced little 6-year old. But he has a disorder uncommonly known as SOWGF Syndrome (*Stressed Out Wanna Grow Faster Syndrome*). Growing up in a high-achieving family, Sam has determined that it is quite ridiculous to loiter contented in childhood, and that he must attain the all-knowing age of 16, the respectable height of 6-foot-11, get a high-paying career, an iPhone, and the honor of the younger kids.**

**And all this growth must occur ASAP!**

Does this sound a little bit ridiculous? But how often do we do this in our spiritual lives? We strive to attain some magical level of spirituality **as quickly as possible**, and then we will surely be successful and happy.

I believe our Heavenly Father is encouraging us to enjoy the spiritual season that we may be experiencing, just like we encourage little children to enjoy their childhood –because **it won't last long!** Maybe some of us are feeling like we're stuck in Spiritual childhood, and we just want that promotion and maturity. Promotion and maturity are good things, and we certainly are not called to settle for a mediocre existence! Yet, "Can any one of you by worrying add a single hour to your life?" (Matt.6:27)

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## Camelot!



We (Betsy and Julie) had the fantastic experience of being part of a professional stage production of the musical, *Camelot!* It was 3 months of being stretched and challenged, but also an incredible amount of fun! Lyric Light Opera is a family-friendly organization with a Christian director who encourages amateur actors to learn alongside professionals. Stay tuned for our next show!

[LyricLightOpera.org](http://LyricLightOpera.org)



Drew and Betsy gone 'a-maying'



Sir Sagamore and Julie after the knighting ceremony

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Recently I was taught that one of the biggest stumbling blocks to enjoying and falling in love with Jesus is discontentment—

Discontentment with myself, discontentment with my employment situation, discontentment with the spiritual season that the Lord is guiding me through at the moment...

I have realized in myself the tendency to grumble about today and long for the future when I'm smarter, stronger, or more "Spiritual". It isn't born out of a peace-filled delight in every season; it's a stressed-out struggle to attain something or somewhere more or better.

In your own life, do you find yourself dwelling discontentedly on where you **want** to be or how you **wish** things looked? Has it slipped beyond the kind of dissatisfaction that motivates us to seek and find, and turned into plain old discontentment?

Like the young kids that I work with every day, let's enjoy each day—growing and learning, by touching, tasting, smelling, and asking a thousand questions about... whatever happens to meander through our lives! And if we're simply available, our Heavenly Father, who freely loved and saved us in the first place, will continue to teach, guide, and develop us as we walk along the journey. (Phil. 4:6-7 «...Be anxious for nothing...»)

Jesus said,  
**Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27)**



## Prayer Requests

- An additional \$600 per month donor to enable us the commit to another year's rental agreement.
- The ministry boat!
- Wisdom and favor

*Thank you to Michael & Alicia McGee for donating muscle and sweat to our garden. We had a fun morning!*

## Praises

- Praise for amazing successes in prayer ministry.
- This month Neil and Kathy took a 4-day, much-needed retreat at a hidden location. This month's newsletter was designed and written by Julie and Betsy.



**Blessings to you from  
the NM crew!**

***We would be encouraged to hear from you:***

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***Tax-deductible donations may be made to:***

**Noble Maritime Ministries  
PO Box 1224, Anacortes, WA 98221  
or with PayPal online at [www.noblemaritime.com](http://www.noblemaritime.com)**