



## CONTENTMENT

Like the Fountain of Youth, contentment has been a much-sought goal in the history of humanity. But such satisfaction is usually elusive, reduced to “I’ll be happy if....” We often find ourselves blaming others for not satisfying our need for contentment.

The next issue of *Women’s Spectrum* focuses on “The Secret of Contentment.”

The main text is Phil. 4:11-13 ESV – “Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”

Christians are invited to search for a deeper satisfaction than the commonly-held views of fulfillment. We are called to find our contentment in Christ Jesus, no matter the circumstance. But how do we do that? We are seeking articles which teach principles of true contentment, using stories rather than devotionals. This could include personal experiences, struggles or observations.

Some examples might be:

- What leads you to experience contentment?
- What have you learned about contentment?
- How do you distinguish between needs and wants?
- How do you view God or others when struggling with contentment?
- How does self-centeredness affect contentment?
- How do you avoid the trap of comparing yourself to others?
- How do you deal with the envy of someone else’s contentment?
- How do you live above life’s circumstances?
- How does gratitude affect contentment?
- How does sin affect contentment?
- What does it really take to be satisfied?
- How can we help others find contentment?
- How can we be content with singleness/marriage/prodigal children/careers/difficult people etc?

Articles should be submitted by January 26, 2018.

*WOMEN’S SPECTRUM*

## Writer's Guidelines

### PURPOSE

*Women's Spectrum* is an annual magazine for Grace Brethren women offering practical biblical encouragement and inspiration, while promoting community, cross-generational relationships, global vision and the application of biblical theology to daily life.

### READERS

*Women's Spectrum* readers are generally Grace Brethren women, from new believers to seasoned ministry leaders. They represent a diverse demographic, including age, culture, ethnicity, life stages, location, and church expression.

### EDITORIAL NEEDS

We are looking for articles related to the specific theme of each issue that are personal, practical and transformational. The only qualification is life experience and a passion to write about it! Articles should be written in a comfortable, conversational tone, full of real-life anecdotes and appropriate emotion. We want to feel your heart as you share with us part of your spiritual journey or that of another sister in Christ whose life has touched your own. Don't worry about length. Share your story from your heart—we'll take care of the editing. We do reserve the right to edit articles as needed to fit the space available or to comply with the editorial standards of *Women's Spectrum*. We are also willing to consider submissions of poetry or short fiction.

### SUBMISSION REQUIREMENTS

1. Quoted material must be properly documented (source, publisher, date, and page numbers) along with permission verification and a photocopy of the original quote.
2. Statistics or factual information which the public would not normally know need to be properly documented along with a photocopy of the information.
3. Include Biblical reference and version when using Scripture in your article. For additional information regarding Scripture quotations, go to: <http://tinyurl.com/quote-bible>.
4. Include two blurbs or pull quotes that will quickly draw the reader into your article.
5. When possible include 1-3 bullet points of practical ideas, practical/quick tips, or personal application, suggestions, Web sites, books, further resources that apply to your article that can be placed in a sidebar. The sidebar provides helpful information that the reader will value.
6. Articles **MUST** be accompanied with a brief biography in order to be considered for submission. Your biography should only be a few sentences, telling us about your family, ministry involvement and special interests or passions.
7. Include a photo of yourself. You may also include photos related to the article. They **MUST** be high quality, digital photos taken at the highest resolution. If digital photos are unavailable, please mail us a good quality printed photo that can be scanned, along with a return address.

8. Include your name, mailing address (in order to receive your complimentary issue), email address and the name of your home church. This is NOT for publication, but for the purpose of contacting you regarding your article.
9. All submissions must be sent by email.
10. Submit articles as an attachment (MS Word preferred), NOT in the body of the email to: [Spectrum@wgusa.org](mailto:Spectrum@wgusa.org).

#### THE PROCESS

- All articles will be reviewed by the *Spectrum* Editorial Team.
- ALL submissions are appreciated, but not all submissions will be published. We are honored that you are willing to share your story with us and acknowledge the hard work and vulnerability behind each story we read.
- We will notify you by email upon receiving your submission as well as if your article is selected for publication.
- By submitting an article to *Women's Spectrum*, you are giving permission to the Editorial Team to make any changes we deem appropriate. However, if more than routine copy editing is necessary, we will notify you and allow you to review the changes before publication.
- By submitting an article to *Women's Spectrum*, you are also giving permission for your article to be archived and made available via our website.
- We are unable to provide financial compensation for your article; however, you will receive a complimentary copy of the issue in which your article appears.
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Thank you. We hope you are as blessed in the writing as we will be in the reading.

SEND ALL SUBMISSIONS TO:

[Spectrum@wgusa.org](mailto:Spectrum@wgusa.org)

FOR QUESTIONS CONTACT:

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