



Circle Up!

*Your Monthly Guide for
Gathering Your Girls*

APRIL 2024

About This Guide

WHAT YOU NEED TO KNOW:

Each month you will receive a new release of Circle Up!, The Sister Circle monthly guide. This guide will give you everything you need to grow and deepen your sister circle. Each guide connects to the monthly sister sessions and are a great way to get your sister circle connected as well as get you thinking about how to live a life you love!

DON'T HAVE A CIRCLE YET? THAT'S OK!

These ideas can easily be done on your own while you pray for God to bring your sisters into your life!

EACH MONTH WILL INCLUDE THE FOLLOWING SECTIONS:

Focus Question of the Month: These questions are from *The Full Circle Planner*. You can journal these before you come together. It's a great way to jump start conversations to help you move the needle in your life!

A Verse to Remember: Every month will include a verse that your sister circle can discuss and try to memorize together! Write it down, display it in your office or mirror and see how memorizing God's word can change you.

Fitness Focus: We all use a little help when it comes to caring for our minds, bodies, and souls. This simple action item will give your group a goal to work towards together.

Discuss With Your Sister Circle: Let these questions guide your conversation as you engage with Chrystal's content!

Connected Content: Want to go deeper into this month's theme? You'll find what you need here. Take time to watch or listen and then get together and talk about it!

Ideas for Food, Fun and Foolery: No sister circle would be complete without a little food, fun, and foolery. Each month, you'll find fun ideas (*one to do on your own, with a friend, and with your circle*) and recipes to make sure your time together is memorable.

Circle Up!

YOUR APRIL MONTHLY SISTER CIRCLE GUIDE

○ FOCUS QUESTION OF THE MONTH:
Be thinking and talking about these questions this month

What opportunities are in front of you? Are you taking advantage of them? Why or why not?

○ A VERSE TO REMEMBER:
Talk about it and memorize together, if you'd like

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. (Ephesians 5:15 NIV)

○ FITNESS FOCUS:
A fitness challenge to do as a group

Let's have some fun! Do something fitness related that is FUN: pickleball, a game of tag with the kids, a new fitness class, or whatever you choose. Do it together or report back as to how it went!

○ DISCUSS WITH YOUR SISTER CIRCLE:
Guide your conversation with these questions connected to Chrystal's content this month

1. What role does FUN play in your life? Do you play well?
2. What keeps you from fun?
3. How could you better plan for fun? How could being intentional with fun serve you?
4. Who do you know that does fun well in life? What could they teach you?
5. What is something fun you'd like to do soon? Ask your sisters to hold you accountable!

○ CONNECTED CONTENT:
Dive deeper with past conversations

Episode #466-The Joy of Missing Out

YouTube: https://www.youtube.com/watch?v=9wwS7erhp_g

Podcast: <https://chrystalevanshurst.com/466-the-joy-of-missing-out/>

Episode #456-Dreams Do Come True with Nicole Staples

YouTube: https://www.youtube.com/watch?v=eIFu_YnJoF4

Podcast: <https://chrystalevanshurst.com/456-dreams-do-come-true/>

Episode #415-How to Restore Balance to Your Life

YouTube: <https://www.youtube.com/watch?v=0XKu5rCfMwg>

Podcast: <https://chrystalevanshurst.com/415-restoring-life-balance/>

Episode #239-Choosing Joy and Adventure with Margaret Feinberg

Podcast: <https://chrystalevanshurst.com/239-choosing-joy-and-adventure/>

○ IDEAS FOR FOOD, FUN AND FOOLERY:
Get ideas for making sure you have good food, fun, and a little foolery in your sister circle

On Your Own:

Make a list of 10 things that sound fun to you that you used to do or haven't done in quite some time. Go back to your childhood hobbies if you need to. And then do it! Whether it is painting or rollerskating, writing or shooting hoops, get back to the girl in YOU and have some fun!

With a Sister:

Grab a friend and find something you've never done in your town that you always wanted to do. Take that charcuterie class, check out a new restaurant, or go to a live performance at a local theatre. Whatever it is, just be sure it sprinkles a little FUN into your ordinary week!

With Your Circle:

Who doesn't love a girls trip? It doesn't have to be fancy, but make plans to gather your girls and have some FUN on a trip this month! If finances are a hindrance, plan a sleepover, watch a movie, have a dance party and let loose!

From the Sister Circle Kitchen: *Crunchies*

Ingredients

- 2 cups oats
- 1 cup flour
- 1 cup sugar
- 1 cup coconut flakes
- 1 pinch of salt
- 1 tsp. baking soda 1/2
- cup margarine 2 tbsp.
- syrup

Directions

1. Mix the oats, flour, sugar, coconut flakes, pinch of salt, and baking soda in a large bowl.
2. Melt the margarine and syrup, then mix into the dry ingredients.
3. Place the mixture into a 13x9 nonstick pan.
4. Cook at 275 degrees from 45 minutes to an hour - time will vary based on desired crunchiness.
5. Cut and enjoy!