

KAIROS

April 2020

www.kairostexas.org

Issue 43

What's in Your Cup?

I had the distinct pleasure of receiving a most valuable gift from a wonderful friend and spiritual brother earlier this spring, a copy of "Living Well Through Lent -2020". One of the daily devotionals was "What's in Your Cup" by Scott Stoner for which I would like to share an excerpt.

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

You are holding a cup of coffee when someone comes along and accidentally bumps your arm, making you spill coffee everywhere. Why did you spill the coffee? Because someone bumped into you, right? Wrong answer. You spilled the coffee because *coffee* was in the cup. If tea had been in it, you would have spilled *tea*. Whatever is inside the cup is what will come out. Therefore, when life comes along and shakes you, whatever is inside of you will come out.

In this unprecedented time, choose to fill your cup with the sweet, sweet nectar of our Lord and Savior, Jesus Christ.

How Do You fill Your Cup?

In another precious gift of this most unusual Lenten Season, I received this from my Sunday School teacher, Debbie Parcel.

Believe...

To believe means to accept something as true.

It is often easier to believe in that which is seen, but how are you at believing that which is unseen?

"God created everything in the heavenly realms and on earth. He made the things we can see and the things we can't see . . . Everything was created through him and for him" . . . Colossians 1:16

"For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved" . . . Romans 10:10

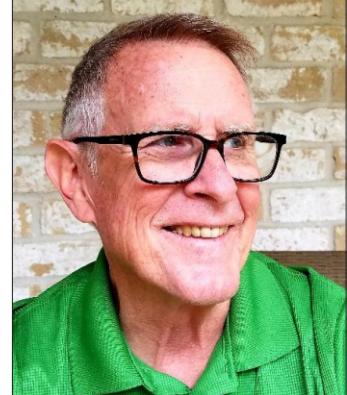
Where is your daily focus?

What do you "believe in"?

Who do you "believe in"?

Is this helping you or hindering you?

**Ray Sims
KOT Chair**



Our own minds put up roadblocks . . . and those roadblocks surely get in the way . . . even when we can see what we are looking at directly, struggling with, or need to deal with each day . . . we stumble over those mind-created roadblocks.

Then to believe in the unseen—wow, that can be an even bigger challenge!

So, we must look deeper, get out of a logical or skewed mind, and allow the heart to lead.

Believing in God, Christ, the Holy Spirit, is a step into the unseen . . . it is looking around you for signs of His presence without the need to actually see Him.

But you can see Christ's work in others, how He is working through others, and, if you look closely, how He has always been there for you and is with you now.

That is believing in the unseen—that which you can "feel" in the heart without the need to see—it is called faith!

Talk with God . . .

Ask God to show you where He has been working in your life . . . to show you what you are missing, the positives, the joys, the beauty of God's creation . . . all the blessings in your life.

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Best Practices in Outreach and Recruiting - Red Gilbert



**Red Gilbert
International Rep**

The first thing I want to express is that over time, each of us has developed methodologies and perfected ways that work for us. All of what we do won't work for all of us. This best practice paper is some of what I have seen work for others and some of what works for me. These two offers of ways to recruit or outreach can be combined with what each of you already knows works for you. This is by no means the "do all, tell all" of recruiting and outreach.

Let's discuss outreach first. In my mindset you have to go and find people in order to recruit. What has worked for me is I ask our outreach/recruiting UAC member if there are any leads or contacts that we need to develop. If he doesn't have any then the next question has to be *why*? If he does, then follow up. I think some Kairos Units have a tendency to believe that outreach is the responsibility of that one person, the UAC or the next team leader. We all know it's everyone's responsibility to be constantly watching for opportunities to share the Kairos Ministry. So, if your recruiting and outreach person has no leads, then how do you develop some? First, talk to the team while you are on a weekend, at a formation meeting or at a reunion. You never know who has shared Kairos and whom they should share that information with. If the recruiting and outreach member of the UAC is struggling (and we all do) ask if you can help. If you are that person, ask for help. Recruiting and outreach can be daunting even for seasoned folks.

Make a list of where you recruit and the dates. Try and revisit places no more than once a year. Any more often and you are staying in your comfort zone. I define "comfort zone" as anywhere you are comfortable going and require the least amount of effort. Let's face it we are all much more comfortable talking to the people we know (our church or churches we have visited and had

good results) than we are going to some place new. If you find that to be scary and uncomfortable then what worked for me was to go to a small church the first few times. The group is smaller and more intimate. It makes it easier to make mistakes and catch them. You can catch the mistake, check it and change it. Once you have done this a few times you can move to larger groups and churches. No group is too small to share Kairos with. Recently I was part of a group of 4 of us that shared Kairos at a large church but at a senior's Sunday school class. We were blessed to be able to talk for an hour and we were then asked to stay over and talk longer! I don't believe we got even one volunteer from that outreach, but we did get a large financial blessing.

Many times, recruiting and outreach can involve more than just finding new team members. It can also help your UAC with financial support and prayer support. Many times, we find that churches are interested in prison ministry, but no one has ever approached them. *Ask!* When you meet someone from another church share Kairos and ask if anyone has ever spoken to their minister or their church about Kairos. Next ask for contact information and then share that information with your recruiting and outreach person. When you are getting this information, you are usually in a one-on-one conversation and that will be easier than a group. Hopefully then the recruiting and outreach person will follow up with their team and start the ball rolling.

Don't have tunnel vision. Look for all the opportunities, not just the ones for your ministry. When I go and talk about Kairos I always try and take my wife or someone else along to share Kairos Outside and to answer questions. Share all you can whenever you can.

What do I talk about...?

When you are going to present Kairos somewhere (again this is what works for me) start with telling everyone you are not here to ask for money. Many churches have speakers frequently and many are asking for funding for their ministry. I find if I tell them I don't want any funds they seem to relax and listen more intently. Next, I share my story. Each of us has a story that is unique to us. Most times, wherever I go, they haven't heard it. Share your witness, how you started your walk with Christ and how Kairos is a part of that walk. Share

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Important websites:

Kairos of Texas: www.kairostexas.org

KPMI: www.mykairos.org



Kairos Is Uplifting - Scott Baker

Since joining Kairos over a decade ago, the ministry has served as a source of positive inspiration and perspective in my personal life. It serves as a roadmap for living, for priorities, and for practicing my Christian faith. It provides a logical and rich delivery of Christ's teachings, and the opportunity for me to share the teachings with others who may still be searching for a relationship with our Lord and Savior, Jesus Christ. And who can say that the message of "Listen, Listen, Love, Love" is not a frequent solace in your life.

Kairos has introduced me to other Believers who have become part of my family. We cherish our time together and the opportunity to present Kairos to others. We look forward to preparing a Team to deliver Kairos. And we become anxious to finally meet a God-chosen collection of people who will soon become friends and who will impact our lives as much as Kairos impacts theirs.

Sadly, we are currently encountering a period of extreme global disruption of pandemic proportions due to the spread of a disease called Corona virus. It is an aggressive and ferocious virus that has sickened masses of people globally and claimed many lives. It has required all of us to hunker down, to avoid close encounters, and has precluded us from conducting the Kairos ministry.

Really? Are we really precluded?

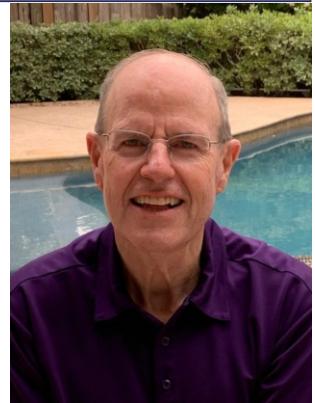
A very wise thought leader and vocal Christian who has since gone to live with Jesus, known as Earl Nightingale, wrote a best-selling book that attracted global appeal entitled, "The Strangest Secret". If you have never read it, it is a masterful short story with the message that, "We become what we think about." I love the story and have purchased hundreds of copies for friends and family. The message, however, is very impactful. In short, if you want to become a doctor, focus and think about what you need to do to become a great doctor. If you want to become a Pastor, think about it and what it takes to become a great Pastor.

So, if you want to be happy, think about and focus on what you need to do to become happy. May I suggest Matthew 6:25, "Do not worry about your life, what you will eat or drink; or about your body or what you will wear. Is not life more than food, and the body more than clothes?"

And think about God's mercies in past global tragedies such as World Wars and tragic health plagues. Hasn't he delivered us every time? It may not be as quickly as we want, but He will deliver us, and deliver us stronger.

A wise sailor noted that, "We cannot control the winds, but we can adjust our sails." So a sailor knows that he can go wherever he needs to go, and can weather the

**Scott Baker
Vice Chair**



storms, if he will faithfully adjust to the winds. The same is true for us and our ministry.

We are being confronted with some circumstances that, while very serious, will subside. God will provide for us if we but maintain our faith in Him and do what we can and should do as faithful followers. May I suggest that we consider following what Evelyn Lemly, the CEO of KPMI shared this week which is "Pray, Communicate and Prepare"?

As a Kairos community, we understand fully the power of "Prayer" in all that we do. We can pray for our front-line men and women who are serving in healthcare and providing other vital services. We can pray for our leaders and our families. But we can also pray for our Brothers and Sisters and our youth who are incarcerated and alone in a very dark place, missing our presence in Weekends, Retreats and Prayer and Share. We can also pray for the families who are tremendously impacted by the incarceration of a loved one and now cannot even visit with them because of the virus.

Secondly, we can "Communicate" throughout our Kairos community. We can stay in touch in many ways with social networking. Our AC's play a vital role in conducting AC Meetings, communicating with their Teams, and keeping them both engaged and apprised of the latest status of our ministry. Our AC's can communicate schedule impacts to our Weekends, news about the status of our Team members, and heartwarming stories that are inevitably happening.

And we can utilize this disruption to "Prepare" for our continuing activities. We are receiving some wonderful AC Meeting Minutes where there is very thoughtful planning being done for ongoing activities including recruiting and fundraising. Many are also utilizing the time to catch up on completing outstanding Weekend Leader Reports and Excellence Initiative Reports. And great emphasis can be placed on

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Pray, Communicate, Plan - Teddy Carson

We've all had to adapt to the new environment that surrounds us during the COVID-19 pandemic. Kairos Outside is no exception. Rather than the 11 Weekends that were scheduled, only two actually took place. They were wonderful Weekends, with many ladies blessed, but it saddens me to think of the ladies who were scheduled to attend but didn't get the opportunity.

In the middle of all the changes we can be sure that the Lord wasn't surprised by any of this. He has it all under control no matter what it looks like to us. When we are so tempted to be drawn into the circumstances and focus on when our lives can return to 'normal' (whatever that is!), let's remember that THIS is the day the Lord has made – let us rejoice and be glad in it. That's today! Rejoice and be glad today! No matter what it looks like. The ability to do that – to have hope in the middle of our storms - is what separates us from the world, that has no hope. Now is the time when His children (us!) can shine and make a difference in Kairos and in the world.

The Purpose of Kairos Outside is to demonstrate God's grace and love through Christian support for women who have relatives/friends who are or who have been incarcerated, and to former residents of correctional institutions who did not have the opportunity to attend a Kairos Inside Weekend while they were incarcerated. Now is the perfect time to remember our Purpose and to work to fulfill it whether or not we are able to have Weekends. Notice it doesn't say we demonstrate God's grace and love through Weekends. God's grace and love are His free gifts to us all day, every day, 24 x 7. That's how often we can demonstrate His grace and love – all day, every day, 24 x 7.

Did you notice that word 'demonstrate'? It doesn't say we just talk about God's love; it says we demonstrate it. Of course, our Weekends are a beautiful expression of that love, but we can still fulfill our purpose right now when we're waiting for our Weekends to be rescheduled. How do we do that? We ask the Lord! If we are listening, He will let us know many ways we can demonstrate His grace every day – interactions with family, friends and Kairos Outside family. Sometimes a simple phone call when you feel the Spirit nudging you can make the difference in someone's life. Many of our sisters and brothers have lost jobs, lost health, or lost freedom. Knowing someone cares enough to call, text or email can give hope needed to get through the day. It's a demonstration of God's grace and love.

I firmly believe we can come out of this suspended time even stronger than we were before.

Teddy Carson
KO Chair



This is a time to pray, communicate and plan.

Sometimes when things are 'normal', we tend to shorten or race through our prayer time because we're so busy. Right now some of us are busier than ever, but we absolutely cannot afford to stop meeting with Jesus, talking with Him, and receiving His love and protection. Others have been put in a 'time out' for rest and refreshment. We have received a blessing that I hope and pray we use to draw closer to Him and to intercede for our brothers and sisters, our government, and the world. Pray, pray, pray.

During this time communication is vital. Many of us are isolated, and desperately need a friendly voice, someone to listen, listen, love, love, and someone to pray for and with us. If we use this time to strengthen our relationships with our Guests and other members of our Kairos Outside community, our communities will be even stronger than they were before. And don't forget the ladies who were scheduled to attend our spring Weekends. We MUST keep in touch with them. Who knows – the relationships that develop right now might cause our fall Weekends to be filled like never before!

These relationships could also help us develop those SWAP groups that seems to be a struggle for almost all of us. We have so many technologies we can use, we just need to get creative to see what we can do. I've been so encouraged by the stories I've heard from my Kairos Outside sisters all over the state talking about what they are doing to stay connected. They're taking creativity to a new level!

This is also a time we can use to plan. We don't have a lot of answers right now. How long will the suspension of activities last? What about all the issues that will arise when we begin activities again? We don't really know! But that doesn't stop us from planning for that rescheduled Weekend. We can stay in touch with the facility to be sure we

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FORGIVENESS - Erin Johnson

When was the last time you had a fight or argument? How did it end? For small fights, apologies and forgiveness can be simple. But some arguments are bigger. In these cases forgiveness can be difficult.

Holding a grudge, however, can be just as bad for your health as it is for your relationship. In fact, forgiveness is linked to improved mental and physical well-being, according to Johns Hopkins Medicine.

Forgiveness comes naturally to some people. Luckily, you can train yourself to be more forgiving. Doing so requires a conscious effort to unlock your empathy and relieve feelings of anger and resentment. If this doesn't come easily to you, there are several things you can work on:

Reflect, remember and choose to forgive. Engage with your memory of the event, including your feelings of anger and how your feelings affected you. Speak to the person about your feelings or, if that's difficult, write them down in a journal.

Empathize and let go of expectations. Try to understand why the other person feels the way they do, and don't set requirements for their response. Allow both sides to have their feelings.

Forgive yourself. It's equally important to forgive your own mistakes as it is to forgive others.

Forgiveness is about more than offering a few words and moving on. The American Psychological says that in order to forgive – and gain the health benefits from doing so – you need to engage with compassion, empathy and understanding for the person who wronged you.

People who are able to forgive have better mental health. This includes lower rates of anxiety, depression and psychiatric disorders. Those who forgive also have lower levels of stress and therefore better overall physical health. According to one 2016 study conducted by the UC Berkley and Northwestern University, outbursts of anger predict heart problems later in life.

So, think back again to the last fight you had. Are you ready to forgive, if you haven't already? It might be the best option not just for your relationship, but your overall health.

What Makes a Good Apology?

A good apology is more than just saying the words "I'm sorry" and responding with "You're forgiven." Consider following the advice from a study done by Ohio State University, which highlights six components of an effective apology. Making an effort to take these steps will go a long way, no matter which side of the argument you're on.

1. Express regret
2. Explain what went wrong
3. Acknowledge responsibility
4. Declare repentance
5. Offer repair
6. Request forgiveness

Continued from page 3 - Baker

continuing to prepare and strengthen your Teams with weekly communications. One of our Weekend Leaders, whose Weekend is having to be postponed a few months, is communicating with his whole Team every day by email with an inspiring devotional and a request for special prayers for one of the Team members. It is a very positive outreach to keep the Team engaged and informed as well as appreciated and loved.

Yes, the pandemic is very disruptive and unsettling, but Jesus instructs us to have faith, to take care of others and to pray. In this pandemic, I find the Kairos lessons and messages uplifting, and the memories of our exciting Weekends comforting. I am thankful for our whole Kairos Community and look forward to again serving with you face-to-face soon.

LISTEN **LOVE**
LISTEN **LOVE**

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KPMI: www.mykairos.org



Write down or think about...

What is your focus right now? What is leading, or taking over, your life? Where and when do you need to let Christ be the primary focus?

Let go...

It is time to release the roadblocks . . . pride, past beliefs that interfere with the present, negative energy . . . the other roadblocks that God has placed on your heart. Give it all to God, let god help you!

Pray...

Say lots of prayers . . . talk with Christ all day. This is a relationship that is safe, secure, and filled with understanding, forgiveness, and love. Yesterday is history—tomorrow is the future—TODAY is your life—LIVE IT with Christ!

“We believe that we are all saved the same way, by the undeserved grace of the Lord Jesus” . . . Acts 15:11

Imagine...

Picture a fountain in your mind . . . it can be large or small, indoors or out . . . the bubbling water spilling into the next vessel, the freshness of the spray, the sound of renewal that comes with the cleansing water.

Close your eyes . . . can you still hear it?

You believe it is there, even if you cannot see it . . . it's there—because of past pictures, experiences, descriptions . . . you have faith in the existence of the fountain even if there is not one in the room with you.

Now look closely at some of your blessing . . . you have faith that these blessings exist, so have faith that the One who provides them also exists . . . and He is walking with you right now. Believe in the unseen! He believes in you!

Reflect...

Reflect on the blessings God has placed on your heart . . . He wants you to cherish and appreciate each one. Each blessing provides a spark of positive energy, if you let it.

Prayer is communication—with yourself and with God. Be thankful for the blessings and the joys. Prayerfully thank the Creator of it all, and breathe a sigh of peace and calm, knowing you are never alone.

But Jesus overheard them and said to Jairus, ‘Don’t be afraid. Just have faith’ . . . Mark 5:36

Take with you . . .

Sometimes it is hard to keep focus, or a good hold, on the positive energy that is found in spending time with God. When this becomes a struggle, or the negative energy wants to sneak in—LOOK UP! . . . at the ceiling, the sky, the clouds, the stars . . . focus upward and when you lift your head, relax your shoulders and remind yourself . . .

I believe in God the Father ~ I believe in Christ the Son ~ I believe in the Holy Spirit

Share with others . . .

During this time especially, I will add this. There are so many that are isolated, physically as they should be, but emotionally as well. Reach out, through social media, through texts, through email, perhaps through an old-fashioned phone call, and especially with our brothers and sisters in white, reach out to them through a JPay or black ink on white paper, to let them know you are thinking of them and praying for them.

Fill your cup with the sweet nectar of Christ and when you are jostled, that sweetness is what will come out of you!



Picture donated to KPMI Headquarters

Important websites:

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Easter Blessings



In this time of uncertainty we need a new beginning. Beginnings can mean a lot of different things. It can mean when we begin our life as a baby, when we are baptized, when we finally forgive something of our past that has kept us stuck, when we are reborn as an adult, or when we enter the gates of eternity. May you discover that you really never have an ending. Whatever stage you are in, may your beginnings be blessed this Easter season. May you find the true meaning of the season and share that meaning with others in how you live your life. Easter Blessings



Continued from page 2 - Red Gilbert

the power that is a weekend, a reunion and the Mountain top experience that the weekend is.

Explain that it is a continuing Ministry that goes on for as long as the brother in white is incarcerated. Explain how some people are released and choose to come back to prison and share how Kairos has changed them. When I close, I remind them I am not asking for financial support, I want people, men and women, that might be willing to be part of a team of folks that travel to the unit and work together to share and show the love of Christ. We usually have an area where I tell them to come afterwards and talk to us if they want more information or have any questions. Make sure you get contact information from everyone you speak with. We try and get a name, phone number and an email.

Is talking to a group hard? Yep, the first few times are. You know your witness; you know your Kairos story so there really isn't anything to study. As I said start small and gradually increase the number of people you talk with. Each time you share Kairos and your witness it will get easier.

Recruiting

So now you've spoken to a group or individuals how do you recruit them? It's as easy as two words "follow up"! When you do your outreach have a way to garner the contact information and then follow up. Call, email or whatever way works best for you. If they are interested in being on a team (in any capacity) be sure and let the next team leader have their information and both of you should stay in contact with them. At least a month or so out contact them again about the first team meeting and have the when and where information to review with them. Ask the team leader to contact them personally and share the meeting dates and times. They should also answer any questions and, if possible, see if they can arrange for a mentor before the first meeting. I realize that can be difficult, but it is important to recognize that up until this point you are the only Kairos person the newbie has met. We want him to quickly realize he will be part of a team.

My only other advice is that team leaders should give positions of responsibility to new team members. The more they feel a part of the Kairos experience, the more the weekend will impact them. When they are coming off that Mountain top, they will be recruiting new folks

Finally, there are many available tools you can use to assist and enhance your recruiting and outreach efforts, be sure to check out the following websites:

Kairos of Texas

<https://www.kairostexas.org/>

Recruiting & Outreach

<https://www.kairostexas.org/Recruiting--Outreach.html>

KPMI

<http://www.mykairos.org/>

**GOD IS
SO GOOD!**

KPMI Annual Conference

Registration is now open for the 2020 Annual Conference in Louisville, KY from July 21st - July 25th at the [Crowne Plaza Louisville Airport](#). We are planning to have new workshops with new presenters, great nightly speakers with powerful testimonies and, as always, a wonderful time of teaching, worship and fellowship. This year there are many new workshop topics to give you tools and inspiration to take back home to use in both Kairos Weekends and in the Continuing Ministry. The list of workshops will be available once finalized. We will bring back ministry booths to disseminate information, which will be open Thursday afternoon and during breaks and lunch. We want to impact you with the love and forgiveness of Jesus for these days so you can impact others in prison and those impacted by incarceration with that same love and forgiveness.

Important websites:

Kairos of Texas: www.kairostexas.org

KPMI: www.mykairos.org



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have a place to hold the Weekend. We can be sure that team stays connected and everything has been done that can be done to be ready to go! Has your Advisory Council examined your last few Excellence Initiative reports and Weekend Leader reports to see if there are areas that need improvement? This is a time when some normal activities aren't taking place so you have time for your Advisory Council to address issues that could improve your Council, your Weekends and your community. Remember, this is Christ's ministry – not ours. He has called us into leadership for such a time as this. Let's serve Him with the excellence He deserves!

At our State Kairos Outside Subcommittee meeting last summer, Gina Brockmeyer spoke to us about having a PLAN. Her scripture was from Proverbs 24:27. Prepare your work outside; get everything ready for yourself in the field, and after that build your house.

She said P stands for Pray first, pray fervently, pray specifically for all your needs.

L is for us to Lay a good foundation – first things first – have the proper supports in place. There is a right order to do things both personally and in Kairos. L is also to Lead well (Plan for the Future – get people to training, have strong Advisory Councils in place, make sure we are holding impactful team meetings, follow Biblical principles in leadership.) Listen to one another – Listen not only to our Guests but to each other. L is to Love each other as Christ loves us. L is to Look at the big picture - How will what you do today affect the ministry in the future.

A stands for Act (Only act after you have...prayed, lead well, listened, and looked at the big picture.

And finally N stands for Never Give Up – Patient diligence is part of God's plan for success.

PLAN!

Prayer, Connection, Planning. Let's use this time to excel in each of these areas and see what the Lord will do!

This is my prayer for my Kairos family. It's from Romans 15:13. Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

No matter what the circumstances look like, joy, peace, and hope are ours through Christ Jesus.

Important websites:

Kairos of Texas: www.kairostexas.org
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Changing Hearts, Transforming Lives
Impacting the World

Be sure to visit our website at www.kairostexas.org. Our webmaster is Cheryl Glasgow. The schedule and location for State Board meetings for 2020 are included here. We have a calendar showing when all the weekends will be held. Check your weekend - we depend on you to keep them updated.

On that same website you will find the current state officers, state meetings and minutes, map of state meetings, committees, and when the weekends are to be held. You will also find this current and past newsletters there. If your unit does a newsletter, we would love to add it. There are links to KPMI and TDCJ.

There is information about Kairos Outside, including structure, forms and information, newsletters, and mission field. The minutes for KO meetings can also be found there.

Please take a look and see if we need to change, remove or add anything.



Margarita Dozier

Mightier Than I Look

As I walk through the valley or through the shadows
I shall not fear my enemies
As I stand on the banks of the mighty Red Sea
The powerful giants are gaining on me
It is only Your voice I hear, calmly speak
My child, this battle is not yours alone

For “I Am” the mighty lion standing with thee.
When your so-called friends speak evil of your good
They know not you are standing in the center of My will
Know most assuredly you are a mighty warrior.
As “I Am” is standing with you still
When they speak lies of you, even when they call out your name
Take joy in knowing
My blood runs through your veins
From your mother's womb, I have called you
You are of a particular generation.
You are of the chosen few.
Do not be afraid my child, for “I Am” with you.
Do not be discouraged for “I Am” your God
No matter the battle you may face.
No matter how long, No matter how hard
I will strengthen you, I will uphold you
There is no battle I will not see you through
I will uphold the with the right had of my righteousness
You shall stand mighty in my name, together we got this.

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Scripture/Prayer Support Guide during COVID-19

A collaborative effort of the KO of Texas Spiritual Team

Be Still and know that I Am God. I will be exalted among the nations. I will be exalted in the earth.
Psalms 46:10

God, You are the Way Maker and Miracle Worker. Lord, You've done it in the past and I thank You that You'll do it again. You are on the throne, fighting our battles and pushing back the forces of darkness. I declare: You are my Lord, God, and Savior. Make me and mold me into who you want me to be. I thank You that You are opening the right doors and closing the wrong ones. You are bringing the right people across my path, weeding out those that shouldn't be there. Lord, I thank You that You are giving us the peace that surpasses understanding. And all the forces that are trying to stop us are broken in Jesus' name. We're no longer going to look at how big the problem is but we're going to be looking at how big you are. You've done great things in the past and I thank you, because I know the best is still yet to come. You have given us calm, peace, and rest. We refuse to live in worry, fear, and panic – You are bigger than what's trying to stop us. We put our trust and confidence in You.

I pray and declare for anyone fighting illness in their bodies, I thank You, Father, right now that healing is flowing into those who need it. You are restoring health back to them. The number of their days, You will fulfill. Lord, I thank You that today the tide is beginning to turn in their health. I speak wholeness and strength and victory into their physical body.

I can do all things through Christ who strengthens me, Phil. 4:13

I pray for people in tough times. So many are upset and worried, but our trust is in You today, Lord. You are close to the brokenhearted. I pray people feel your peace who haven't felt it before. Lord, I thank You that You are with us. Weeping may endure for a night, but joy comes in the morning. I thank You that we are coming through this. We are under the shadow of the Most High. We dwell under Your shelter. No plague will come near our dwelling. We stand in agreement, we thank You for Your protection over our family, ministry, career, and our health. Lord, we thank You that You are watching after us. I declare healing and wholeness, strength and peace, favor and victory over all Your people. I pray for the finances of all Your people. I thank You that the economy is not our source, You are our source. Our trust is in You. You will make things happen that we couldn't make happen on our own, and you are supplying all our needs. Lord, our trust, confidence, hope is in You. We love You. We thank You for all You've done in the past, but the best is still yet to come. This too shall pass. We are victors and never victims. In Jesus' name, I believe it and declare it today. Amen.

