

Beginnings of Womanhood



Young ladies learning about womanhood from a Christian perspective.

Our culture conveys masses of negativity about womanhood and how it should make us feel, doesn't it? Starting with our very first cycle – the media inundates us with negative messages concerning making your cycle disappear; with no thought of how that could be harmful or dangerous to your body's health and well-being. During pregnancy, the less than desirable messages continue as we are bombarded with images depicting childbirth as an illness, a burden, even as a curse. Finally, and most sadly, our lovely culture tears down the menopause

phase. To such a degree that women are left feeling empty and useless. Oh, what a shame this is.

I have been fortunate enough to be called by God to serve women in childbearing as a home birth midwife. I am pursuing this calling by obtaining my training and requirements to become a Certified Professional Midwife through North America Registry of Midwives (NARM). For the past 10 years now, I have taught conferences on the important aspects to a better birth experience, regardless of the setting that the birth may take place:

- Obtain education & take responsibility for each phase of womanhood
- Erase a spirit of fear surrounding womanhood
- Trust the process of your body and God's design

If we can look at each one of these phases and how it pertains to maidenhood (specifically), maternity, and menopause, you will see how these can be improved, from within the church universal, to help create a better image, God's image, in and for our culture.



Doran Richards, with interpreter, teaching about pregnancy and womanhood in Kiev, Ukraine in October 2009.

Getting education is the key! It is biblical to get wisdom, understanding and knowledge (Proverbs 4:5,7). Why would this be any different for our three phases of womanhood? Reading Proverbs 2 is so encouraging for this purpose. When you get wisdom, something extraordinary happens. We can then begin to eliminate fear, which

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is the second point above (1 John 4:18). Only by securing knowledge and understanding in our hearts can we walk forward with confidence and courage (by God's grace and mercy). Having wisdom for our first cycle, as well as for maternity and menopause will enable us to make informed decisions regarding our care. Our bodies are our bodies (in the sense of decision making), and we are the ones solely responsible for them. Make wise decisions based on credible research and information so that you can be confident and create the likelihood of ideal outcomes.

Erasing a spirit of fear is a strong phrase. But think of it, we have daughters who are in fear of their first cycle beginning – why is this? We have women who are scared to death to have a baby. We have women who worry, stress and fear of “hitting” menopause. God wants us to have the spirit of a sound mind (2 Timothy 1:7). I believe this carries over to these areas of our lives as women. It is about taking our thoughts captive, relying on God, not the world, to teach us about our bodies and how they work. We can accomplish this, together as Christian sisters, and begin to make a difference one daughter at a time.

Trust the process that God has created for our bodies as women. Wow, what a concept, eh? We have been told time and time again that we are not made well enough, that we are insufficient. Our bodies are bleeding each month – oh, what a bother! That is the mentality we carry around with us. It is difficult, we cramp, we might get headaches, etc. Why would anyone want to go through this? Well, if we trust God, who created us,



Winchester, Virginia – Maidens by His Design workshop for mothers and their lovely daughters, June 2010.

we would know that He must have a reason for it all. We ought to be obedient to trust Him in this area of our lives as well as every other area, right? If we would trust the process, when young, we would most definitely trust the process of birth and menopause later in life, easier and with more confidence.

I have created a curriculum for young ladies and their mothers called Maidens by His Design. It is a godly approach to teaching daughters how their bodies are created to function. It instructs them on how God has fearfully and wonderfully made each one of us. This knowledge is essential to understanding the other two phases of womanhood – maternity and menopause. The course covers many topics including: basic female reproductive organs, hormones, cycle length, history and various cultural information, tools and gear, how to celebrate womanhood in a Godly manner, how to take thoughts captive, how to erase a spirit of fear, how to learn about herbs that are helpful for that time of the month, how to eat well, as well as use your diet to enhance your health during your cycle and all of womanhood... and so much more. The focus is that there is a “big picture” to this thing called womanhood and we ought to start seeing it!

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This course can be taught in a group setting or privately. I have taught workshops all throughout the states as well as in the Ukraine (yes, the materials were all translated into Russian!). Women everywhere are starving for this information for their daughters because they were not taught themselves to any great lengths. They want to learn more, so they naturally want their daughters to know more also. The information is presented very discreetly and from a Christian perspective. There are no male parts or talk of the actual act of reproduction and procreation. However, it does provide a springboard for discussion of those areas, if the parent or guardian deems it an appropriate time to learn this delicate information.

We desperately need Christian resources that allow our daughters to learn from a Christian perspective. We need to counter the pagan worldview in these areas. Consider teaching your daughters, from a young age (it is geared for 8 year old and older), that God has created their bodies to cycle each month for a reason, a glorious reason! He also wants us to know and believe that it is for our good; it is a cleansing process, a process we should be thankful for, not dread. He has created it as a blessing to us, His way. Yes, maidenhood can be taught and embraced in a godly manner. Join many others by teaching your daughters and bringing this vital message of God's design to your community today! All materials are online at www.BlessingGodsway.com.

Humbly submitted by,

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