



The Lord is my light and my salvation
whom shall I fear?
The Lord is the stronghold of my life
of whom shall I be afraid?

Psalms 27:1



On Wings
LIKE A DOVE
A MINISTRY TO LOVED ONES
OF PRODIGALS & PRISONERS

A Newsletter from On Wings Like A Dove Ministry

June 2026 Vol. 22 Issue 6

Finding Strength in God to Rise

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk & not be faint"
Isaiah 40:31

Our Ladies Spring Retreat was just what God ordered. We focused on four hard issues:

- Guilt & Shame
- Estrangement
- Grief

Our goal was that each lady would lay down their struggles and disappointments in life and be set free from the enemies taunts. We aimed to help each attendee to find their strength in the Lord and rise up like the eagle to soar on the days to follow.

Lisa, as our speaker, shared her own difficult life circumstances and how she came out stronger through them all. But she was also vulnerable enough to realize that some areas still needed work within her. This gave each woman hope that they could overcome their battles as well by continuing to let the Lord reveal where they were in the process.

As we sat at the supper table sharing before the sessions began, we talked about some of our struggles and as Lisa extended her arm, I saw the name El Roi tattooed on it. At that moment, my spirit leaped as I realized why God had prompted me to add the video, "The God Who Sees" sung by Nicole Mullins to my laptop. I did not know if or when we might play it on the screen but as we shared, we decided to play it at the close of the testimony Lisa shared that night and it was powerful.

On Monday, I was given some disturbing news and found myself in a funk as I processed the events of recent months. I was back on my front porch just like years before in an extremely hard place talking to the Lord and telling Him I did not know if I could go on. Then the Lord sent a dove which landed at my feet. Now, I was experiencing the same kind of despondency. I called a friend who listened to my cry and suddenly said, "Sandra, God sees you". I was immediately taken back to the video we watched on Friday night at the retreat and knew it to be true. God saw little ole me right where I was and He was reassuring me that because He saw and was present with me, I could now rise up like the eagle and find my strength in Him. It is my goal to be an overcomer, so I dried my tears and prepared myself to go out to demonstrate His strength in me to others who are struggling to survive the trials they face.

Why not choose to soar and not grow weary? The enemy wants us to remain defeated and wallowing in our sorrows, but we have a Savior who died to set us free from the lies of the enemy. Let's remember who we are in Him, the One who gave His life to redeem us for His glory and purposes. Now rise up and praise Him for His Sacrifice and remember HE is acquainted with your grief.~

~ Sandra

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Office Hours:

Tuesday-Thursday

10 am-2 pm

or by appointment 336-829-5060

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Each Tuesday

Ladies Bible Study

At On Wings Office
From 12:30-2:00

We are beginning
a new study June 16th
Ruach Journey by
Sylvia and Elizabeth Gunter

Upcoming Events

Day Retreat
Prayer Mountain
June 9th

Join us for a time of Prayer
June 27th 1:00 to 3:00 PM
Home Moravian Church
In the Parlor
RSVP 336-829-5060

Plan to Join us for our
Fall Day Retreat
September 19
Home Moravian Church
In the Parlor
Dawn Bray will share
on Spiritual Warfare
Call 336-829-5060
to reserve your spot



MORE LIKE YOU

As the warm breeze of Spring began to blow a couple months ago, I started planting seeds. I started them inside and as the days warmed, I gradually took my pots outside and then transplanted them into bigger pots. I go out every

day to monitor them, wondering how many will survive and how much they may grow. I'm always looking at them and thinking, "I want more!" More growth, more height, more roots.

I frequently think that about my walk with God too. I enjoy reading the Word, I love worshipping with my church and have found my prayer life growing and deepening. But Lord, is there more?

This month (June) the Tuesday Bible Study at On Wings Like a Dove is starting a new study, "Ruach Journey" by Sylvia and Elizabeth Gunter. Ruach refers to God's Spirit, His breath and the wind. Ruach is first mentioned in the Bible in Genesis 1:2 "The Spirit of God was hovering over the waters" and then is mentioned close to 400 more times in the Old Testament.

The 'Ruach Journey' study is designed to take us from one place to another. To align the human spirit with God's Spirit. To experience more of God's life-giving power, more of life and more of Him.

We were created by God, and life was breathed into us by Him. The breath of God is not distant, it is near. His Spirit in us can restore what is tired and revive what is waning. In becoming more aware of God's Spirit in me, in becoming more aligned in my spirit, soul and body, my love for God increases and I am able to experience Him more.

My flowers are growing. Colors are emerging and the pots are beginning to fill. I am excited to have a summer ahead of me to watch and enjoy their beauty as I continue to nurture and water them. Our "Ruach Journey" study will also nurture, water, instruct, excite and strengthen you on your spiritual walk. There is more!

Please plan to join us starting June 16 12:30-2:00 at the On Wings Like a Dove office to start this journey with us!



Prayer Thoughts

THE WOMAN WHO LIT UP A HOSPITAL

I knew an amazing woman of God, who was hospitalized with terminal cancer and suffered great pain. Still, she was filled with love and peace and never complained. The supervisor and head nurse of the hospital was a very hard woman. Yet, she was drawn to this woman who radiated God's love. The nurse sat with her, washed her, and was ministered to by her. When my friend went home to the Lord, she left gifts to be given to the hospital. When the gifts were delivered, they found that the head nurse and the whole hospital had been completely changed by the presence of this saint in her last days. Instead of cursing her situation she had shone the light of God. Never let your circumstance define who you are. Before you curse your valley, look for the reason why you're there. Maybe others in the valley need God. So don't be overcome by circumstances. Be encouraged and overcome by the presence of God. Because in every circumstance of your journey, it should end up in some way transformed by the fact that you are in it.



Taken from
Jonathan Cahn's
Daily Sapphire

**YOU MAY FEAR THAT THE LORD HAS PASSED YOU BY,
BUT IT IS NOT SO: HE WHO COUNTS THE STARS, AND CALLS THEM
BY THEIR NAMES, IS IN NO DANGER OF FORGETTING HIS OWN
CHILDREN. HE KNOWS YOUR CASE AS THOROUGHLY AS IF YOU
WERE THE ONLY CREATURE HE EVER MADE,
OR THE ONLY SAINT HE EVER LOVED.
APPROACH HIM AND BE AT PEACE.**

CHARLES SPURGEON





— From the Desk of —
Dr. Kent Oviatt

Estrangement –

“The Separation that Never Stops Hurting”

Families of prodigals often carry a quiet, heavy burden. Estrangement—when a relationship becomes distant or broken, marked by little or no communication, emotional separation, and often unresolved hurt—can leave deep wounds. Conversations stop, trust is damaged, and the distance can feel impossible to cross. Many wrestle with questions: What did I do wrong? Will things ever change? Over time, that pain can turn into discouragement, anger, or even a sense of helplessness. Scripture does not ignore this struggle. Instead, it points to a path forward—one that rests not in our control, but in God’s ability to forgive, heal, and restore.

The first step is learning to rely on God for forgiveness—both for yourself and for your loved one. In seasons of estrangement, it is easy to carry guilt or to hold onto the failures of the past. Yet God invites us to bring all of that to Him. First John 1:9 (NCV) reminds us, “If we confess our sins, he will forgive us our sins. He will cleanse us from all the wrongs we have done.” This promise is not limited by distance or broken relationships. As you come honestly before the Lord, He begins a work of cleansing in your own heart. At the same time, forgiveness toward your prodigal may not happen all at once, but it begins by choosing to release them into God’s hands. You may not be able to fix the relationship today, but you can refuse to let bitterness take root.

The second step is trusting God to heal and restore what seems broken beyond repair. Estrangement often feels permanent, but Scripture gives a different perspective. Joel 2:25 (NCV) says, “I will give you back what you lost...,” a reminder that God is able to restore what has been taken or damaged over time. This does not always happen quickly, and it may not look exactly as we expect, but God is at work even when we cannot see it. He can soften hearts, open doors for communication, and rebuild trust step by step. Your role is not to force the outcome, but to remain faithful in prayer, to stay open to reconciliation, and to respond with grace when opportunities arise.

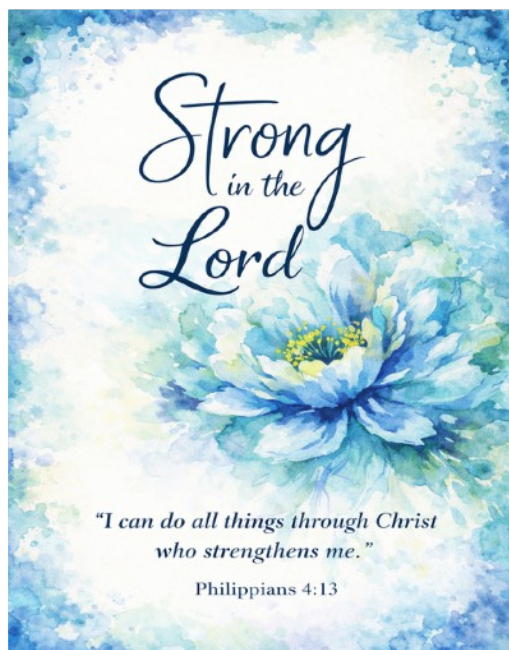
Living in this tension requires daily dependence on the Lord. Some days will feel hopeful; others may feel discouraging. In those moments, remember that your identity and peace are not determined by the current state of the relationship, but by your relationship with God. He sees your pain, understands your longing, and walks with you through it.

Estrangement is real, and it is painful. But it is not beyond the reach of God’s grace. As you rely on Him for forgiveness and trust Him for restoration, you place the relationship in the hands of the One who is able to redeem what feels lost. And in that place, you can find both strength for today and hope for what tomorrow may bring.



**BUT THOSE WHO WAIT ON THE LORD
SHALL RENEW THEIR STRENGTH;
THEY SHALL MOUNT UP WITH WINGS
LIKE EAGLES,
THEY SHALL RUN
AND NOT BE WEARY,
THEY SHALL WALK AND NOT FAINT.**

ISAIAH 40:31



Spring Retreat

Our Ladies Retreat was amazing; Lisa Hathaway shared her own powerful testimony and then dove into the hard subjects: Guilt, Shame, Estrangement, and Grief. It was a great time getting away with others of like mind, focusing on our Lord Jesus Christ, who taught us we can rise above our pain and struggles to mount up like eagles who soar. We were encouraged to rise above and focus on His call for each of us to make a difference for His Kingdom.

We praised God through songs as Karen Lucinda Hall led us to sing praises to our King, despite how our circumstances try to pull us down. He is fighting our battles and we can't allow Satan to get us sidetracked. We can expect trials but with His strength in our Spirit, Souls, and bodies we can be Overcomers as we learn to lean on our Lord and give Him all that concerns us.

