

**The Center for
Women's Ministries**
"We've been where
you are."

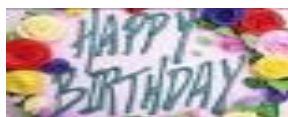


NEW DIRECTIONS

Summer 2012

Our Mission Statement

To equip volunteer staff all across the world by prayer support, consultation services, and resource materials so they may establish and sustain centers to provide crisis intervention with a spiritual emphasis and improve the quality of life for hurting women.



Bev Lewis	8/8
Glenda Shearer	8/14
Mary Smith	8/15
Pat Heineman	8/22
Joyce Rogers	9/7
Nancy Brown	9/27

Basic Peer Counseling Volunteer Training Class

On June 28th, a graduation ceremony was held for the those who completed the 2012 class. This course is designed to enrich, equip and empower women to minister to other women. Topics covered include communication and listening techniques, guidelines for handling challenging situations, confidentiality considerations, and many more. Emphasis is placed on one's personal relationship with Jesus Christ because unless this is healthy and developing, we have nothing to give to others. Congratulations to our 6 graduates: Nancy Brown, Colleen Burton, Bonita Graves, Bev Lewis, Virginia McNivens, and Jane Reitz.



Relentless Determination to Overcome Life's Challenges

Does it ever feel like life is getting the better of you? Maybe you realize you can't actually do everything you've committed yourself to. We recently conducted a Bible Study based on the book by Joyce Meyer. Some of the topics included were:

- ◇ Promises God has given to His people

- ◇ Solid, tried-and-true tools to tackle life's challenges
- ◇ Stories of successful people who were tempted to quit
- ◇ How to work with your God-given abilities

Don't let the devil convince you to give up. Stay focused on God's plans, and He will fulfill His promises

and equip you with perseverance.

Remember that with God, nothing is impossible.



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Director's Thoughts

After becoming director, I felt called to do a program titled "Making Peace With Your Past." I knew it would be difficult, but I needed to make sure that there was a healing from within the women of this center. In doing that, we could reach out to women in the community. The result was a camaraderie and healing within the center.

The logo for the Center is a butterfly. To emerge from its cocoon, a butterfly must

struggle to push its way out and unfold, to gain the necessary strength for survival outside the cocoon. When we see someone in a cocoon struggling to get out, we want to rescue them. In reality, they need to go through the struggle, doing it themselves, to build their strength. Through the struggle, they can become all that they can be. It's not our place to rescue them, but to watch and encourage them in the struggle as they unfold.

The emerging butterfly symbolizes the transforming struggles from our darkness to new life and freedom. We have gone through struggles and know what it takes to get back on the road to healing.

With the love and healing that has happened within the center, we are ready to reach out to the community.

Glenda Shearer,
Center Director



Letting Go

To let go doesn't mean to stop caring; it means I can't do it for someone else.

To let go is not to cut myself off; it's the realization that I can't control another.

To let go is not to enable, but to allow learning from natural consequences.

To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to care for, but to care about; is not to fix, but to be supportive.

To let go is not to be in the middle, arranging all the outcomes, but to allow others to effect their own.

To let go is not to be protective; it is to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold or argue, but to search out my own shortcomings and to correct them.



To let go is not to adjust everything to my desires, but to take each day as it come and cherish the moment.

To let go is not to criticize and regulate anyone, but to try to become whatever I dream I can be.

To let go is not to regret the past, but to grow and live for the future.

To let go is to fear less and to love more.

— Author Unknown

Book Review

Dancing in the Arms of God

by Connie Neal

Have you ever felt like a pile of ashes? You have so much shame and guilt — sort of the Cinderella Syndrome, but much worse. This book gives hope. God is reaching down, taking your hand, and leading you out of the ashes onto the palace dance floor. There He, your King, waltzes with you, His Queen, for all eternity.

Recent Events

Recent months have been full of activity at the Center. In addition to our regular schedule of counseling, Bible studies and training, we also were privileged to be visited by some of the staff from our headquarters office in Bloomington, Indiana, including Reova Meredith, the founder and Executive Director. This was an uplifting and inspiring time, as we share information and ideas to better serve God and the women of our community. A yard sale was held to raise funds for our operating expenses. And a new sign was installed at the Center to enhance our visibility.

Scenes from recent events



RECIPE CORNER : 7 Layer Salad

- 6 cups lettuce or other mixed greens (9-10 oz.)
- 8 medium radishes, thinly sliced
- 5 medium green onions, thinly sliced (5 tbsp.)
- 2 medium celery stalks, thinly sliced (1 cup)
- 12 slices bacon, crisply cooked & crumbled
- 1 package frozen peas, thawed (10 oz.)
- 1 1/2 cups mayonnaise or salad dressing
- 1/2 cup shredded Cheddar or Parmesan cheese (2 oz.)

Layer first 6 ingredients in bowl in the order given. Spread mayonnaise over peas, covering completely and sealing to the edge of the bowl. Sprinkle with cheese. Cover and refrigerate at least 2 hours (no more than 12 hours) to blend flavors. Toss just before serving. (Makes 6 servings.)





Client's Testimony

One, two, three . . . Happy 3rd Birthday! Out go the candles, as does my childhood. The sexual abuse began. The rest of my childhood and young adult life was destroyed by an emotionally abusive, rage-aholic parent. My few years as a single adult were peppered by promiscuity and poor choices.



In my mid-twenties, I became a Christian, got married and had 2 children. For the next 20 years, I was a stay-at-home mom, which I loved. But I stuffed away the pain and shame, resulting in terrible depression. God was good, and I was able to raise my family with the nurture and love I had not received. By the grace of God, both my children have families of their own. Then, just as the children left the nest, my husband and I were transferred to an area where we knew no one. I spiraled downward. Yes, I was a Christian, but I still lost all hope.



I made an attempt to take my life. This was not a "cry for help," as the professionals like to say. I wanted the pain to end. I survived, much to my dismay. In a few short days, though, the Holy Spirit began to move, and I began to realize for the 1st time that I was a precious child of the King, chosen by Him. If He would save me from this mess, there had to be something to this loving you "as you are" stuff. It has been a year of difficult recovery, physically and with my children, husband and myself. But with perseverance and counseling at the Center for Women's Ministries, I have been able to hold on to the new view of myself. Never in my life had I ever felt joy. Now, I wake up every day with joy in my heart. Praise be to Jesus!



Check out our website!

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