



Anxiety Points II

EVE CENTER

P.O. BOX 36483
CINCINNATI, OH 45236

(513) 985-9959

Cinny Roy, Director

Contents

Anxiety Points II	2
The "REAL" need	2
Shannon says...	3
Your CHANGE	3
Help Issues	4
Volunteer Training	4
2 nd Lunch & Learn	4
Nature's Best Secret	5
September Statistics	5
Letters from the heart	6
Spring Training	6

The office needs to be cleaned. Will the program to pre-print the newsletter envelopes work and is there enough money to buy stamps? The Advisory Team job descriptions need to be drafted and the volunteer application updated. New dates and pictures should be sent for addition to the website. Return these calls, review the volunteer files and oh, go get the oil in your car changed! I become anxious thinking I am failing because of what is not getting done.

Then I am reminded this is not about "me". Who am I to think all that is accomplished is because of me? Yes, I am the director but God has set the vision of the Eve Center in many people's hearts. All that has been accomplished has been in spite of me.

My talents and resources are a mere pittance compared to the vast bounty of the LORD.

Now that we got that sorted out, I have an awesome God story to tell you. Over the years I learned to research and write grant proposals. I understand donor grooming and solicitations. Fund-raisers and special events don't scare me. What does raise my anxiety level is the fact I have had no, and I mean NO time to do any fund-raising. So when a telephone call came out of the blue (blue heaven) from the spouse of a volunteer about some available funds, I was amazed AND the contact person only wanted to know the web site. I tried to do a sales pitch for the Eve Center but he didn't need that information. He said he would submit the request. Now this is

By Cinny Roy

absolutely, totally and completely against all my worldly training. There had to be some form to be completed, some statistic to be compiled! So I praised God for the thought that He cared enough to bring the Eve Center into the husband's mind and then that the contact person considered the Eve Center a worthy recipient.

So I waited...I don't do "wait" very well. But God has me in a whole new place these days. Friday 10/1/04 a check came from the foundation for \$2,000! I had done nothing. The lesson to me is this: I thought in some way I had to earn the funds through paperwork or "sharing" about all that the Eve Center is becoming. God had me zip it and get out of the way. As His children, we are worthy because we are His children. End of explanation. So simple yet how we try to complicate His love. *God is good all the time – all the time, God is good.*



Genesis 3:6 – Eve knew what God had said: "Enjoy everything in the garden, but leave the tree in the middle alone." What could be simpler? Why would Eve jeopardize everything to taste one piece of fruit? Eve's mistake came in trusting the wrong voice. She trusted a voice that said, "God may have said that, but he really didn't mean it." When Eve needed to take God at His word, she listened to a newer, closer voice. And what a price she paid! She lost her untainted innocence. And our innocence went with hers. We, too, hear many voices telling us what to do and who to be. We can learn from Eve to remember to trust only God's voice, only God's word, whether the distraction is temptation or trouble. Her legacy reminds us to take God at his word, no matter what the cost.

The pain we hear; the growth we see

"My daughter called the police!"

"I have to seek God in secret."

"When my mother died, the church failed me."

"My ex-husband is a scary character."

"I keep taking the emotional abuse, I know it is affecting my kids. He wants me back, so what do I do?"

"I am tired of feeling the way I do."

Enter a session with me. She comes talking a mile a minute or very little.

Sometimes the tears flow and sometimes she is a rock withholding the emotion that has been kept in check for years. Now see God's presence descend on the room. Gradually there are times of freedom, recognition of ways to change, decisions that can be made, healing begins. Sometimes there is a battle of emotions. However bad, the old way is the familiar way. But God is a mighty, loving God. He holds us

close as we risk truly seeing the hurts and lies that bind.

When she leaves, again she may be talking tons or quiet and vulnerable. God is at work here, about that we have no doubt. Come. Come to a place that is safe, confidential and non-judgmental. "We've been where you are."

The "REAL" Need

We need more clients. It is very different to have an abundance of quality volunteers and few to serve. **Help the Eve Center get the word out.** Since opening our doors to serve in June, the calls have been steady. Yet we can handle more!

TALK: We can share what God is doing here

with a pastor, women's group, student organization or whoever needs to hear the good news.

SHARE: We have speakers who can sit down for a 10-minute briefing or speak from the heart about God's equipping and ministering at the Eve Center.

TOUR: Come see for yourself what the Eve Center is all about.

VIEW: Check out the website at www.evecenter.org

1st LUNCH AND LEARN

Rick Anderson, Talbert House, spoke about recognition, intervention and prevention of suicide for the 1st "Lunch and Learn" held in late August. Excellent information gave all who attended nuggets of wisdom about the depth of pain to the friends, families and potential victims.

Remember, (513) 281-CARE (2273) is the suicide hotline. Thank you Rick and please, come again!

Shannon says...

The journey from Eve Center Training Classes to being an active Peer Support Volunteer has been an adventure, to say the least. The first "call to action" came soon after graduation. I was careful to pray before accepting the client I was offered; however, it still was not God's plan. I was stood up! Twice!! Another client who decided our center could not meet

her needs prior to her first visit quickly followed this. Then God's plan started to surface. I accepted a new client. What a perfect match! I do not have any experience with her issues, but God does. I am loving every minute of it! There are times that I have prepared for a specific issue to discuss only to find out that it no longer applies the day of our

meeting. God always supplies me with a backup plan. Each session is a learning experience for me. The biggest lesson I am learning is that we all just need to focus on God's immense understanding and unconditional love for us. They can shrink or even dissolve even the toughest of problems and provide the strength to find the purpose in the pain.



"God's beauty is all around us if only we will take time to see it."

Your CHANGE can CHANGE a life!

"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make, which over time, add up to the big differences that we often cannot foresee."

Marion Wright Edelman

Thanks to you, lives of hurting women are being changed. Would you like to join our 200 Club partnering with the Eve Center in making a difference? For a tax-deductible pledge of \$2.50 a week (\$10.00 a month), you can be a vital part of this ministry. All staff are volunteers and we rely on the support of friends like you. Partners will receive mailing labels, envelopes and an e-mail reminder for their convenience.

(Detach Here)

_____ I commit to \$10.00 per month to the Eve Center

_____ Enclosed is a special gift to the Eve Center

Name: _____ E-mail: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Mail to: Eve Center, PO Box 36483, Cincinnati, OH 45236

We are located at Fellowship of Jesus Christ, 6969 Montgomery Road, 2nd Floor



"Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind. And love your neighbor as you love yourself." Luke 10:27

We help you with issues such as:

Depression - Divorce - Loneliness - Self-esteem

* Woundedness from: Childhood - Fears - Codependency - Childlessness - Infertility - Adoption, Single-no children

*Pregnancy loss such as abortion, miscarriage.

*Death: husband, child, parent, close friend.

* Abuse: physical, emotional, sexual, spiritual.

* Boundaries/life choices, phobias, illness, singleness, parenting

*Relationships: husband, parent, children, co-worker, friend.

Volunteer Training Program

My name is Beverly and I am currently in the Volunteer Training Program. My story is amazing and I know God has sent me to the Center to be one of the many Volunteers to help women in need. Many years ago I sought help through "Women Helping Women" and after my experience with the program I said

some day I want to help women. Amazingly my first Sunday at my new church (New Hope Community Church) there was a number to call if you were interested in becoming a volunteer for the Eve Center. I could hardly believe it! Something I always wanted to do but was too lazy to take the first step. But God showed me

the first step and now here I am training as a volunteer for the Eve Center. The women I am training with are so wonderful and I know for me this is the first step to finding my purpose in life! So to Cinny, thank you for being there and thank you for letting me be a part of this wonderful Center!

2nd LUNCH AND LEARN



Wednesday, February 2nd
12-2 PM
Silverton/Kenwood Eve Center Location
6969 Montgomery Road

Sharon Borntreger, MA will present "Responding to Victims & Families Involving Sexual Addiction"

Sharon is the Victim Assistance Helpline Director for the National Coalition for the Protection of Children & Families

Cost is \$5.00 at the door. Free for Eve Center volunteers.
Brown bag your lunch. Drinks will be provided.
Please call ahead so we can prepare you an informational folder.
ANYONE CAN COME!

NATURE'S BEST KEPT SECRET

Few Americans realize that one of nature's most plentiful resources is one of the most important keys to good health. We hear so much about proper diet and exercise, but did you know that WATER is actually more important to your body than both of these? The human body is made up of 90% water.

Water plays an important role in preventing disease. The body is constantly making new cells as old cells die off. At whatever point there are more cells dying off than new ones being formed, the result will be toxic materials floating in the bloodstream. Drinking enough water will help to flush this toxin out of the body and help to prevent disease.

How much water do we need? As a rule of thumb. Take your body weight, divide it in half, and that is the number of ounces of water you need to drink each day – not to exceed 100 ounces. A common misconception is that

the water content of tea and coffee can be counted as part of your daily intake. However, please know that the caffeine in these products actually leach water OUT of your body, so an 8 oz. cup of coffee still leaves you at zero water intake. Flavored waters and juices are actually treated by your body as FOOD, so they also do not contribute significantly to your total water.

Is there a right way to drink water? Believe it or not, yes! Many people who do drink water tend to drink several large glasses through the day. However, the amount of water that you drink, on any single occasion, should not be more than your liver can work into your overall body chemistry at any given time. This means that large amounts of water consumed at one time are mostly shunted out through the kidneys and are not used by the body. It is more desirable for the intake to be no more

than 4 ounces per half hour. Therefore, have water available and sip on it consistently throughout the day.

The benefits of proper water intake are immense! It has far-reaching effects on your blood-pressure, cholesterol count, gallbladder health, blood sugar, skin, heart health, circulation, joints, and overall prevention of disease. Try it and see!

Contributed by:

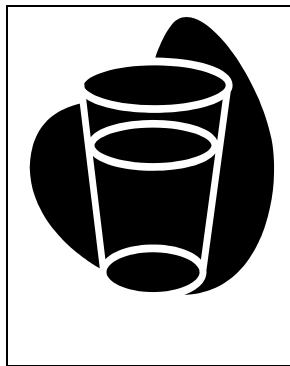
Gina Perry
CNHP, CST
Eve Center volunteer

Note: The Eve Center provides chilled, bottled water to clients and volunteers.



*"Blessed are those who
hunger and thirst for
righteousness, for they
shall be filled."*

Matthew 5:6



Eve Center is the Cincinnati branch of the International Center for Women's Ministries, Inc., a free non-denominational ministry for women promoting emotional and spiritual healing. Our primary purpose is crisis intervention with a spiritual emphasis.

September Statistics

*12 Volunteers saw clients for 50 of 59 scheduled sessions

*4 Volunteers are leading 2 Bible studies with a total of 15 participants

*The following number of clients continue:
4 from June
4 from July
5 from August
6 from September

*New client calls:
7 in July
13 in August
11 in September

*14 women are in the Price Hill training class held on Tuesday night and Wednesday morning with graduation on December 7th

*170 e-mails were received

*143 telephone calls received



Letters from the heart

Cinny,

You know, 10-15 minutes into my session yesterday with my client I was thinking, "Oh my goodness, I can't do this! I have no clue how to help this woman. She needs to go to a qualified counselor." Then by the end of the session, she went from tears the whole time to a laughing smile and from complete hopelessness, confusion, and frustration to realization of steps she needs to take toward healing and seeing a flicker of hope. It was wonderful. The funny thing was, as soon as I said I couldn't do it - the Holy Spirit took the throttle 100% !! That's exactly what we both needed.

Love,
Nicole, Peer Support Volunteer, Spring Class 2004

Hi, my name is Tenille. I am the youngest volunteer in the new training class. I am enjoying the Eve Center trainings to become a peer counselor. Participating in these classes gives me the opportunity to enjoy God at work. I am meeting and fellow-shiping with other women who have the same interests as I do: praying and talking to other women that are in need of "a shoulder to cry on." I truly believe that God is working through us in order to help those that are in need. These training are not only teaching me to help others, but more so, it is helping me to look more into myself and my relationship with God. I truly believe that each woman that attends the trainings contributes something special which makes it all worthwhile. I look forward to graduation and letting God use me to do His will and His way. I thank you Cinny for letting God use you in order to make this experience a success.

Note from Cinny: *This training group of women is awesome! Individually and collectively they bring a dynamic that will speak to each woman who contacts the Eve Center. Their stories and how God has and is leading is so very cool. Please plan to come to the graduation ceremony December 7 at 7:00 pm.*

Spring Training

Eve Center
P.O. Box 36483
Cincinnati, OH 45236

Phone
(513) 985-9959

E-mail
evecenter@evecenter.org

We're on the Web!
Visit us at:
www.evecenter.org

**Track #1 will begin
Tuesday,
January 25th
7-9 PM**

**Track #2 starts
Wednesday,
January 26th
9:30-11:30 AM**

Cinny Roy and Erin Maisel
are the trainers.

Learn your personality type, how to "feel NOT fix", healing models and more. Cinny gets dramatic as she acts as your client in class and your group helps her recognize and heal in various issues.

The full schedule is available at www.evecenter.org.

Applications are also available to download or we would be GLAD to mail you a kit of information. This course will be held at the Silverton/Kenwood site. Class is limited to 20 trainees.



