



IN HIS CENTER

Eve Center, the Cincinnati branch of the Center for Women's Ministries, provides free, faith-based support by women to women ages 13 and above striving to regain their emotional, mental and spiritual health.

www.evecenter.org
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Eve Center Newsletter

Looking Over the Fields and Vineyards

It has been only two years since I stood before God with a cell phone, old lap top computer and training notebook asking "Now what?" In this short time:

- 67 women ages 23 to 64 have taken the basic training course
- Silverton/Kenwood site has office hours 3 ½ days a week
- Price Hill has groups three evenings a week
- **In September there were 49 active clients and 19 new intakes. There has been a steady increase in calls as women learn there is a special place just for them in greater Cincinnati.**
- Quarterly the "Eat & Educate" seminars on topics such as suicide, pornography and adult survivors of child sexual abuse are open to the public
- More than 300 books and tapes are available to lend the women for self-help.
- Approximately 20 new calls for assistance come in each month
- Additional policy and procedure gives depth and structure to the operations
- SURVIVE! Self defense seminar drew 105 teens and women, WOW!

As we survey the harvest of our labors, it's fulfilling. Being available for women as they hurt and heal from immense emotional, mental and spiritual pain is work, no doubt about it. Yet there is no better mission "field" to be in. The woman, volunteer and client, thirsts for answers to the "stuck" places in her life. Together with the ultimate partner (God), we sweat, plowing up the roots of fear, low self-esteem, trauma, abandonment, need to control, perfectionism, and unresolved grief. Falsehoods and woundings are dumped in pits, not to be recycled. New self talk, coping skills, boundaries and truth are planted. Volunteers then tend the woman as she continues to walk in her field of life. We mist, spray, water, and rinse as necessary to nurture her. Eventually she departs for other lands.

Looking over the fields and vineyards it may be time to expand the land. Inquiries have come for more sites. Mature women are stepping into leadership roles for marketing, day-to-day operations, and training. Specific advanced training can be implemented. It is time to move the stakes of expansion. What will this look like? I don't know but God does. It has been His responsibility from the start. Please join me as we seek His direction asking for the next answer to "Now what?"

- Cinny

Basic Training, Spring 2006

When: The basic training class begins Tuesday evening, January 24th, 7-9 pm, or, Wednesday morning, January 25th, 9:30-11:30

Who: Anyone woman over the age of 18 who would like to serve as a peer support volunteer providing para-professional counsel to women age 13 and above, and/or, lead support groups and Bible studies

Where: Eve Center, 6969 Montgomery Road, The Fellowship of Jesus Christ, 2nd floor

What: Please call for an application (main office: 513.985.9959) and training class schedule or see the website: www.evecenter.org





“When am I going to feel better?” is a common question asked at the Eve Center. Reframing the question assists in forecasting the answer: “What do I need to do to improve my recovery?” At the Eve Center we join women as they develop their support web: knowledge, family, friends, exercise, nutrition, sleep, and God.

- **Knowledge:** Learning more about one’s own circumstances through talk therapy and externalizing the hurt enables the woman to “see” the problem and work to correct it. This reduces the churning of thoughts and emotions bottled in her head.
- **Family:** What are the patterns in one’s family of origin that may be less than healthy? Itemizing and relearning relational skills empowers.
- **Friends:** By expanding her network, there is less chance to “burn out” her friends who do care but don’t have skills to assist her. It also reduces isolation.



- **Exercise, nutrition and sleep:** the Eve Center volunteers know that research shows we need sleep, we must “move” physically to ward off depression and too much caffeine, well, yikes! Stabilizing these three areas is important.

- **The God component:** we meet each woman right where she is in her belief system. She is encouraged to grow and know God of the Bible through attendance in a church of her choice, prayer with a volunteer, and participation in one of the groups of the Eve Center. We experience freedom from bondage, victory and healing through personal relationships with Jesus Christ.

With a plan each woman has control over her issue rather than it controlling her. Those who care about her also know their part in her recovery. The Eve Center truly does assist women seeking to regain their mental, emotional and spiritual health.

“Eat & Educate” Eve Center’s quarterly seminar

The Reality of Sexual Abuse – Rebecca M. Born, MSW, LSW, Ex. Director, Connections – A Safe Place

With 12 years of experience working with sexual abuse survivors, Rebecca credibly speaks about this public health issue, and its impact having long been ignored. This seminar highlights the reality of sexual abuse, its prevalence and effect upon its victims the family, and ultimately our culture.

For those working with survivors of childhood sexual abuse (I guarantee you are), this training will equip you to appropriately respond with new insights to the trauma and its resulting behaviors. Included in the teaching is a RICH (Respect, Information, Connection, Hope) framework for how to aid survivors. Utilizing personal examples and a creative participatory “reality” game, participants gain new understanding about the challenges of overcoming sexual abuse.

Thursday, November 17th, 12 noon – 2 pm, program repeated 6:30-8:30 pm.

Eve Center Silverton/Kenwood location: 6969 Montgomery Road

The Fellowship of Jesus Christ, 2nd floor

Brown bag your lunch or supper.

Cost: \$5.00 donation

Call 513.985.9959 to register

Open to men and women, volunteers, professionals, pastors and you!



“Hello. You have reached the Eve Center...”

From -M-

Cinny asked me to write something about my time at the Eve Center. Phew, where to start. Well, it's like she says, I didn't come in the best shape. I was dumped by my boyfriend after 8 months. I felt like I got my heart stomped on. He called me names and I didn't get back some of my stuff that was at his apartment. I gave him parts of myself because I loved him and still do in some way.

Cinny made me cry (not really but we “grieved” as she says.) She helped me look at what makes a normal relationship. We also talked about my parents who are divorced and how I learned from them what I thought was how to do it. She also showed me in the Bible what God says is the right way and what God thinks of me.

Now I know what I want from my next relationship. She says there are trustworthy godly guys out there. Anyone know where to find them? (Laugh OK.) I also know I deserve better. So thanks. I will probably be back.

-M-

“We’ve been where you are.”

**“May the Lord make your love increase and overflow
for each other and for everyone else.”
1 Thessalonians 3:12 NIV**

Suffering in September

Here a few of the calls we were honored to receive:

- Age 16, needs healing from molestation and dangerous activities
- Daughter is pregnant, need help setting boundaries about disrespect and ungratefulness
- Age 60-ish, multiple health issues and impact on marriage
- Age 25, healing relationships and boundaries



*The Eve Center is the Cincinnati branch of the
Center for Women's Ministries, Inc.*



Library Leaves

Eve is often portrayed with tree, fig or vine leaves covering her. This is error for God clothed Eve and Adam with skins. The leaves are like falsehoods that cover us: scratchy, itchy, and pungent. In our library are sources of soothing truth. Here is a sampling:

Addicted to “Love” : Stephen Arterburn; understanding dependencies of the heart: romance, relationships and sex. ISBN 0-89283-930-9

Hope, Help & Healing for Eating Disorders: Gregory Jantz; a new approach to treating anorexia, bulimia and overeating. ISBN 0-87788-064-6

Cover Girls: T.D. Jakes; a novel. ISBN 0-446-69291-3

These are part of our lending library. We request a \$10.00 fee to prevent loss and damage. We will return it to you when you no longer participate in this component of the Eve Center.



***“The Holy Spirit helps us in our distress. For we don’t even know what we should pray for... But the Holy Spirit prays for us.”
Romans 8:26 NLT***

Believers are not left to their own resources to cope with problems. Even when you don’t have words to pray, the Holy Spirit prays with and for you, and God answers.

IF 500 OF US COMMIT \$200.00 FOR 2006 JUST THINK WHAT WE COULD ACCOMPLISH!!

YES, I CAN DO THAT

YES, I CAN DO THAT AND MORE

YES, I CAN GIVE, HERE IS MY GIFT AMOUNT _____

HERE IS AN END-OF-YEAR GIFT IN HONOR OF ALL YOU DO!

Name _____

Address _____

City/State _____ zip _____

Telephone _____

e-mail _____

Remember to date the Eve Center is staffed by all volunteers and has 2 rent-free, utility-free locations.

The Eve Center is a not-for-profit organization. All gifts are tax deductible. A letter of acknowledgement will be mailed to you at year end.

