



Samaritan Women- *Community AfterCARE Resources*

Assisting women coming out of jail and prison to live godly lives.

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Nancy Notes ...

by Nancy Dixon

What a Team!

We were meant for each other. We have all heard that statement before, usually in thinking about romantic love. But one thing that is clear is that we need each other, do better when we work to assist one another, and even get more done than just "going it alone". In watching the Le Tour de Franc (bicycle race where participants travels over 2000 miles to complete), I saw that they stick together much of the time to save their energy for the individual spurts at the end of the race. It actually saves the work of each individual as they go together over the long course. I see that as an example for our life long Christian walk as well. You might say that we are a team....God's Team and He wants us to work together to help each other. Galatians 6:9 *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up"*.

It is a wonderful thing to be part of a team or to know that you are not "going it alone". It has been so great to see the people who have helped us here in so many ways. We have had some very busy times. It's been a wonderful team effort! Here's some examples of Samaritan Women teamwork.

We had a first class retreat thanks to donors who provided financial assistance as well as volunteers, staff and our women working to make it all come together. First there were two burrito fundraisers to help the women earn money for their retreat, then getting all the projects ready for our retreat beforehand and calling and encouraging our women to come. That brought together a great team. It was hard work and many hands helped.

Our retreat was at Wonder Valley. Several of our women worked as a team and did a great job taking responsibility with some greeting the women as they came, giving



each a welcome bag which held items that others had purchased. Liz, Kathy, and Nan lead the activities and crafts. Susan Christie, and Carlin led our worship times. Sandra gave the morning devotions. Rosemary, Regina, Heather and Nellie shared their testimonies. Nicole shared about foot washing as several others washed women's feet as in Bible times. Pam, my Assistant Director made a beautiful program and special favors, which our women put together, to pass out at meals. Much of the preparation for the retreat was directed by Pam covering all the details. We're talking a major team effort!

Mary Kay Beard was our speaker. It was a wonderful and memorable time learning how to be "Sold out for Jesus" in beautiful surroundings and away from everyday problems. Mary Kay is an ex-inmate herself, who became a nurse, family practice counselor, founder and head of a group home for ex-offenders, area director for Prison Fellowship in Alabama, and is most noted for creating and founding Angel Tree. She is a much sought after speaker. She was the one we wanted to speak to our women, and God arranged for her to be available for our retreat. Mary Kay was funny yet challenging; she was a special friend to each woman who came. We were so blessed to have her and still recall much of the things she shared. "We were meant for relationships," she reminded us. She actually spoke of many things that will help us work together using our God given talents and told us ways to find our talents. Some of us knew her from several years

ago and it was a special reunion for us. She is a real example of God working in a life available to Him, giving hope to each woman she meets for a changed life.

More team efforts were later in June when we held a Fabulous Family Take-Out Barbecued Tri-Tip Dinner served with green beans and pilaf that had many people working together to raise funds for Samaritan Women and all the services we provide. Then again in July we had a number of people who either volunteered to man our Fireworks Booth, provide a container to store them, or drove across town to purchase from us. These are people who care about helping women rebuild their lives who come to help at all these events. There are many in our community who care. It's not just them; it is also our own alumni women who want to give back and want to help others succeed. These events all took lots of time and energy from a lot of individuals, but reflecting on it we saw willing hearts eager to help. What a blessing. What an encouragement. What a wonderful growing team! We welcome you. Come be a part if you have not already joined us. If you're new to our team, we're here for you.

Fun Fellowship Friday

The 2nd Friday of each month is set aside for you, your family & friends to come join the fun, meet new friends, just relax & enjoy the evening.

August 13th

6:30-8:30 p.m.

Fresno Evangelical Free Church

3438 E. Ashlan Avenue

(upstairs in the Atrium Building, Room 212)

BINGO NIGHT

Bring Snacks to Share

Last names A-G, bring popcorn

Last names H-P, bring chips

Last Name Q-Z, bring cookies/brownies

(Children's Program Provided)

My Story...

By Akberet Amare

Hello. My name is Akberet Amare. I was born and raised in East Africa, Ethiopia. I was raised by my parents in a Christian home and have an older sister and a younger brother. I was raised with very strict rules. My family raised us knowing the principles of God. At the age of 15, I received Christ into my heart.

At the age of 17, I won a lottery and decided to come to America to receive my education and get a good job. I came to California. My plan was to work and help my family first and then go to school. Because one job wasn't enough, I got a second...then a third. That was still never enough. Not only was I supporting myself, but my family seemed to always need more and more money.

I soon met some people who were involved in illegal activities. I decided to join them so that I could make more money. I wanted to hurry and help my family financially, get it over with and then start attending school like I had planned in the first place.

However, in the year 2002, I got arrested in Sacramento and went to jail. After approximately one month of being in jail, that's when I made Jesus Lord of my life. While in Sacramento, they found I had a prior in Fresno County which required my presence. After doing three months in Sacramento, I was transported to Fresno County. I was sentenced and spent eight months in Fresno County Jail. It was at this time that I was introduced to Nancy Dixon. Nancy would visit me every Friday and would encourage me. I told Nancy I didn't have anywhere to go. Nancy told me about Samaritan Women TLC Home. I was accepted to be a resident at the home. In fact, Nancy picked me up from the jail and took me straight to Samaritan Women and then to the Home. That was in August of 2003.



I was at the TLC Home for eight months. During that time, I learned how to walk with God in society. I learned life skills, submission to authority and how to cooperate with peers. I also took classes at the Center which helped me in boundaries and safe people, Bible Basics, communication and others. I also saw my case manager weekly, and she was able to help me prepare for school.

In January of 2004, I received my GED. On January 26th, I started attending Fresno City College. My plans are to get my AS Degree as a Radiology Technician. I will then transfer to Pacific College to get a degree in counseling.

In April of 2004, I transitioned from the TLC Home and received the "Samaritan Women Blessing". I am very active in my church. I teach Sunday School in the Youth Department and am involved in Prayer Ministry. I am also going to Faith College to get my certificate in ministry.

I continue to remain involved with Samaritan Women. I attend classes when I can and stay in touch with Nancy, the case managers and my friends. Most recently, I was hired as Relief House Manager for Samaritan Women TLC Home.

I praise God and I thank Him for Jesus for it is through Jesus that I am able to have this life and to serve Him. I have never had this kind of life before, and I have found that life in service for and with God is fulfilling. I am a witness that God will do for us more than what we can imagine or we dare to ask.

Ephesians 3:20-21, "Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."

Our Retreat!

There are just some things in life that have great meaning...where we walk away changed. We have had the chance to talk with several of the ladies who attended our retreat in June. They had some encouraging things to say, and we'd like to share them with you.

Heather, "One thing I learned when Mary Kay was talking was to press into God and find out who I really am in Him. Then I will learn what His purpose is for me."

Sandra, "When the Lord gives you a vision, it might be

something small but will end up something big that will touch many lives."

Dora C, "Grace for me because that's what God's been showing me. It's not about any of our self efforts. It's just His grace."

Vicki, "I like the way she talked about how God used her by blessing the little children with things that weren't much, like toothpaste, lotions, etc. It encouraged me to give back because they gave all they had and it was so little."

Alice, "If you want God to move you to another level, learn to be content where you're at. He's not going to move you until you learn to be content where you're at."

Health Tips - Wisdom from the Winners!

Taken From: Prevention Healthy Cooking

Weight Winners!

We recently read the Prevention Healthy Cooking book. We were able to glean some wisdom from successful dieters. Some of the tips they gave were the following:

- **It's never too late** to start eating healthy and exercising.
- **Forget your "ideal" weight.** For most overweight people, losing 10% of your current weight would improve your overall medical health.
- **Keep trying.** If you've been unsuccessful in the past, still keep trying. This time could be different.
- **Ignore your family's weight history.** Genetics tell you only that you have a tendency to be overweight. Your genes do not predict your ability to lose weight.
- **Trust your instincts.** Health issues such as back pain, breathing trouble, heartburn, diabetes, high blood pressure could be the trigger that causes you to become serious about your weight!
- **Be honest with yourself.** Try taking a look at yourself in the mirror or photograph. Then take control!

Now you need a plan. You will have to follow the plan that works for you. Here are some suggestions for making a plan:

- **Play the numbers.** If you're overweight, take in fewer calories than you need or use up more by getting more active.
- **Lose weight gradually.** For every 3500 calories you cut, your weight will



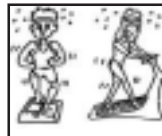
drop 1 pound. BUT cutting too many calories too quickly may cause you NOT to lose weight. Your body goes into survival mode, thinking you are suffering from starvation, and **stores everything** you take in.

- **Drop 1 or 2 pounds a week.** To lose one pound per week, reduce your calories by 500 each day; 2 pounds per week, reduce calories by 1000 per day.

Another factor in losing weight is to eat smart, and that involves more than just the Food Group Pyramid.

- **Eat when you're hungry.** Eat in response to a grumbly tummy, energy crash, irritability.
- **Stop when you're full.** How do you know when you're full? Eat slowly, wear clothing with zippered waistbands, not elastic.
- **Eat a good breakfast.** This avoids overeating later in the day. For energy that lasts, eat high protein, low fat, carbs and sugar.
- **Count calories, not just fat.** By only counting fat grams, you could be taking in more calories than you need.
- **Look at portion sizes.** Use smaller plates. Portions should be the size of your fist. Meat portions should be the size of a deck of cards.

Losing weight is not about what you cut out. Focus on what you add in such as more vegetables and EXERCISE. Here are some tips:



- **Start slowly.** Do some activity for 10 minutes a day working up to 30 minutes a day.
 - **Sneak it in.** Ten minutes here and there can add up to a sufficient exercise routine.
 - **Walk, walk, walk.** Good for burning calories. Walk so you can talk but not so you can sing.
 - **Muscle up.** For every pound of muscle you build, you burn more calories and lose more weight.
 - **Prioritize.** Walk with the family, get up half-hour earlier or use your lunch hour to walk.
 - **Get a buddy.** Make a commitment with a friend(s) to exercise together.
- Finally, here are some tips from the "Weight Winners":
- **Stop dieting.** Instead, just make good choices...more vegetables, fruits and grains. Make lifestyle changes...regular meal times and exercise.
 - **Exercise daily.**
 - **Drink more water.** Hunger can come from dehydration. Water can keep you from snacking and give more energy.
 - **Eat every 2 to 4 hours.** This will avoid the starvation-binge scenario-a calorie and fat disaster for anyone. When you eat small meals regularly, you're never too hungry or too full
 - **Limit fat.** Fat has more than twice as many calories per gram as carbs or proteins.
 - **Eat more vegetables.**
 - **Watch portion sizes.**
 - **Get rid of old 'fat clothes' to stay slim.**



Wild Water Adventures

Samaritan Women Outing

Get your tickets today before they are GONE! They're going quick!

Special Cost of \$10 per ticket!
Call Pam at 227-2190!



WHEN: Saturday, August 28th

WHERE: Wild Water Adventures in Clovis, CA

Come this year for another great water park adventure with our family and friends!

Last year we had a BLAST!

Kid's Korner...

The Children's Enrichment Center
with Nana Singh



Your input on how we can serve you and your children is welcomed. If you have specific desires for activities, or if you need help with discipline issues, we are here to do our best to address your needs.

Recent activities include the **Bible Study of 1 & 2 Samuel** for children. Children love to master facts. Learning the stories of David, the first King of Israel, for personal mastery as well as competition is what Bible quizzing is all about. Your child can begin whenever you are ready. This will be an ongoing activity.

Games and challenges. You don't have time to play an old favorite with your child, Monopoly?—we do. It is surprising what this fun game teaches your child. Come in and find out.



Water balloon relays and races are also an old favorite that we work into class sessions through the summer. Young and old alike love to get in on this action.

The Brum car—this is our latest addition to the fun. Even our 1-2 year olds have fun chasing after this radio-controlled jolly—to say nothing of how much the “older” children enjoy it.

ADVENTURES IN AUGUST - MARK YOUR CALENDAR!

Trip to the Zoo. Friday, August 13th, 9 a.m. - Noon. Meet at the Center at 8:30 a.m. Provide your own transportation. Cost: Adults 12 & over \$7; Ages 2-11 \$3.50

Trip to the Metropolitan Museum, Book Buddies Night, August 5th. Meet at the Museum at 6 p.m. Cost: Free



Spending Time Alone With God!

Why Have a time alone with God?

1. God desires your fellowship. God created you and receives pleasure from being with you! Prayer and Bible Study are the communication channels between you and God. By using them to tune in to God, you can become His friend and have fellowship with Him. 2 Chronicles 16:9 says, “The eyes of the Lord move to and from throughout the earth that He may strongly support those whose heart is completely His.”

What kind of people did Jesus say God is seeking? (John 4:23)

2. Jesus deserves your attention. As you fellowship with Jesus Christ, you soon realize that He had to pay an awesome price to make your relationship with God possible. Jesus was nailed to a cross, shed His blood, sacrificed His life. Why? Because there was no other way to bring you and God together, and Jesus loved you enough to pay that price. Jesus deserves your attention. He is more than worthy of your praise, your love, your adoration, and your life. Spending time alone with God allows you to take your eyes off of yourself, and focus them on Jesus.

What should you do in response to Christ's sacrifice for you? (1 Corinthians 6:20)

3. The Holy Spirit keeps your relationship with Jesus growing. Many Christians begin their Christian life on cloud nine with everything going GREAT, only to hit the ground with a *thud* the first time something goes wrong...some sort of disappointment or let down. One main reason for their fall is the failure to develop a *daily* relationship with Jesus Christ. Even Jesus, during His time on earth, actively sought fellowship with His Father (Read Mark 1:35).

When did Jesus seek fellowship with God? Where did He go?

What did He do?

Because Jesus met alone with God regularly, He had the strength to do His Father's will even when He didn't feel like it physically or emotionally. (See Luke 4:1, 14) If time alone with God was so desperately needed by Jesus, it should also be essential to you.

Happening Highlights

...For Our 'Women'

'August Highlights'

Wild Water Adventures
August 28, 2004
Tickets \$10 Each
Call The Center Today!

WHAT'S NEW FOR CLASSES?
Check it out!!!

Job Readiness Orientation

Thursday, August 5th, 10 - 11 a.m.
How would you like to be self-employed or receive job placement assistance? This is your key to success class.

* **New Parenting Class (Court Approved)** starts Tuesday, August 10th, 9:30 - 12:30 p.m.

* **Bible Basics**, Mondays 10:30 - Noon. Beginning August 30th, *Christian Beliefs*, a study to help us be guided by God's Word in every area of life.

* **Self Defense Class** - August 18th & 25th, 2 - 4 p.m. In these violent times, be prepared. Learn techniques to defend yourself in possible threatening situations. Wear loose clothing and bring water.


* **Holiday Crafts**, We need your help, and it's fun. Look on your calendar for these dates during this month. **Thursdays, a.m., there is no child care available.**

* **Book Buddies Trip to Metropolitan Museum**, August 5th. Meet at the Museum at 6 p.m. Cost: Free.

* **Trip to Zoo**, August 13th, 9 a.m. - Noon. Meet at Center at 8:30 a.m. Cost: Adults 12 & over \$7; Ages 2-11 \$3.50.



August 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Worship your Lord and Savior at church today.	2 ~Bible Basics, 10:30 am-Noon ~ Safe People, 3:30 - 5 p.m.	3 ~Holiday Crafts, 10 - Noon ~Anger Resolution, 1:30 - 2:30 p.m.	4 ~*Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center	5 ~Job Readiness Orientation, 10-11 am ~Health/Weight Mgmt. Support Group, 1 - 2:30 ~ Book Buddies,(Meet at Metro Museum 6 pm)	6 ~Crochet, Quilting & Sewing, 9:30 - Noon ~ Victory Over Substance Abuse, 1 - 2:30 p.m.	7
8 Take the family to church and worship the Lord!	9 ~Bible Basics, 10:30 am-Noon	10 ~Parenting (Court Approved), 9:30 - 12:30 ~Anger Resolution, 1:30 - 2:30 p.m.	11 ~*Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center	12 ~Holiday Crafts, 10 - Noon ~Health/Weight Mgmt. Support Group, 1 - 2:30 ~ Book Buddies 6:00 - 7:30 pm	13 ~Crochet, Quilting & Sewing, 9:30 - Noon ~Trip to the Zoo with moms and kids (9-12) ~ Victory Over Substance Abuse, 1 - 2:30 p.m. ~ FUN FELLOWSHIP FRIDAY, 6:30 - 8:30 p.m.	14
15 Worship your Lord and Savior at church today.	16 ~Bible Basics, 10:30 am-Noon ~ Safe People, 3:30 - 5 p.m.	17 ~Parenting 9:30 - 12:30 ~Anger Resolution, 1:30 - 2:30 p.m.	18 ~*Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center ~Self Defense, 2-4 pm	19 ~Holiday Crafts, 10 - Noon ~Health/Weight Mgmt. Support Group, 1 - 2:30 ~ Book Buddies 6:00 - 7:30 pm	20 ~Crochet-Quilt & Sewing, 9:30 - Noon ~ Victory Over Substance Abuse, 1 - 2:30 p.m.	21
22 Take the family to church and worship the Lord!	23 ~Bible Basics, 10:30 am-Noon ~ Safe People, 3:30 - 5 p.m.	24 ~Parenting 9:30 - 12:30 ~Anger Resolution, 1:30 - 2:30 p.m.	25 ~*Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center ~Self Defense, 2-4 pm	26 ~Holiday Crafts, 10 - Noon ~Health/Weight Mgmt. Support Group, 1 - 2:30 ~ Book Buddies 6:00 - 7:30 pm	27 ~Crochet, Quilting & Sewing, 9:30 - Noon ~ Victory Over Substance Abuse, 1 - 2:30 p.m. ~ Incentive Party, 2:30 -4	28 Wild Water Aventures
29 Go to church to worship our Lord!	30 ~Bible Basics, 10:30 am-Noon ~ Safe People, 3:30 - 5 p.m.	31 ~Parenting 9:30 - 12:30 ~ Anger Resolution, 1:30 - 2:30 p.m. ~Alumni Mtg, 6-8 pm	 <p>Ecclesiastes 4:9-10, "Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"</p>			