



Samaritan Women- *Community AfterCARE Resources*

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

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June 2004

Nancy Notes ...

by Nancy Dixon

Commitment, a Mighty Big Key to Success

I am excited to see the women who have stayed the course, even through much pain and hard times. God has rewarded their faithfulness. Sandra, Roberta and Regina reached the goal of regaining custody of their children. Akberet completed her GED, is in college and made the Dean's List. Nicole also made the Dean's List at Heald College. Many are staying the 'Course of Commitment' and good things are happening.

Pam Burton and Kathy Arteaga, two of our Samaritan Women staff, have come through some of the same bumps in the road as the women we work with daily. Pam was hired a year ago to be trained as our Office Manager. Recently, because of the wonderful job she has been doing and how she relates with the women, I have asked her to be the Assistant Director to assist with the overall ministry. We have recently hired Kathy as our Program Director, who I also met many years ago while Chaplain to the Women at the Fresno County Jail. (*You can read her story in this issue of the newsletter.*) These women are such a blessing and great role models too.

How do we guard against the temptation to detour off the road set before us that we committed to take? **By keeping our eyes on the goal.** Focus on what we are aiming for and want to accomplish. When making a commitment, ask God to guide us daily and make clear the direction that will lead to the chosen goal. We need to count the cost. As the Bible says, "Fix our eyes on Jesus", and "Take aim...to win the prize".

It has been hard to see several of our women start with great enthusiasm and then leave before they accomplished their goal or the commitment they made. Later we

Jesus Is The Key



hear they have gone back to the things they hated and wanted to change, the things that led them to do things they later regretted. How sad that is for me to see and hear. How sad because it will take time to rebuild from that point all that was destroyed. God is the God of hope and is very patient with us, His wayward children and is eager for us to refocus and ask for His help and stay the course of commitment. I like what I learned in *The Purpose Driven Life*. When tempted, we have a choice to do good. The choice and what we do with it is ours. If we make a wrong or bad choice, let's learn from it quickly and be alert to future temptations brought our way and make better choices because of what we now know. Our program director, case manager and peer mentors are here to help you make a plan and work it.

Here are things that I see make the difference in keeping on the committed course: *Daily time with God* (We need daily time alone with God to talk over *our individual* day with us.) This involves talking and listening to God by **reading** His Word and thinking on what it is saying to us and then **praying** for His help. Remember all that He has done for us already. This gives us confidence in placing our trust in Him to guide us. Review what we seek to do and celebrate even small steps forward in your commitment. We can become discouraged if we don't keep the goal before us. I think of that in my life as I was becoming a nurse. I made a commitment of 3 years to complete my goal to become an RN. It was not easy, but each class that I completed, each patient that I cared for taught me things that helped me reach my goal so that I can tell you proudly I completed. So many times I was discouraged and had to work hard to overcome barriers, but it was

worth it. Today I still have goals and one is seeing Samaritan Women grow and be served by the women who I first built into their lives and see them take the reigns of this ministry and keep building into other lives. That is in process now. Praise the Lord.

I believe that a daily searching like expressed in Psalm 139 will help us stay focused and committed to our goals in life that we may succeed. "Search me, O God, and *know my heart*; test me and *know my thoughts*. Point out anything in me that offends you, and lead me along the path of everlasting life." Each of us start with searching for something better. We begin to trust Him more than we trust ourselves and our ways asking Him to point out things that we need to change. It is important to be teachable and a risk-taker who will ask and then allow the Lord to lead our lives. Our lives are fulfilling a commitment we make to ourselves and to the Lord which brings great and lasting rewards. Let's 'Stay the Course' and encourage others along the way. Psalm 128:1-2, "*Blessings on all who reverence and trust the Lord-on all who obey Him! Their reward shall be prosperity and happiness.*"

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.

June 11th

6:30-8:30 p.m.

Barbecue at Vinland Park
located on Gettysburg between
Cedar and Chestnut

Hotdogs, Hamburgers & Punch
Provided

Last Names A-L, Fixings for Hotdogs/
Hamburgers & Side Dishes
Last Names M-Z, Desserts

My Story...

By Kathy Arteaga

Hello, my name is Kathy Arteaga. I am the new Program Director at Samaritan Women. I have been working in this field for the past nine years. For me this seems impossible. I did not plan to be a counselor let alone the Program Director at Samaritan Women.

For me, life was out of control for a long time. I began using drugs/alcohol at the age of twelve years old. I was not only introduced to drugs and alcohol from my friends, but I also used with my family. I was surrounded by this lifestyle in my environment. I believed this was normal, and I just didn't see a way out. I don't feel I would have wanted out at that time in my life.

I would have never gone to a program or wanted treatment if it was not for my children. I have gone to or have attended most programs in the Fresno area since the 70's. This seems like a long time; for me it took this long. I did not choose to go to a program; I went to find a way to get my children back. The truth of the matter was I was unable to become okay for me. I just didn't want to hurt my children, and I was doing this very thing. I made promises to my children, and I could see the pain in their eyes when I was allowed to see them. I just couldn't take it. It would hurt so bad. I could only describe it as if I were being cut by a knife in my heart.

I was sent to many programs by parents, teachers, court and by CPS. It was the CPS that really helped me. Funny some of my best friends are CPS workers. Long before I was ready for treatment, people told me I should get help. I



recall being arrested many times by police officers and a certain officer telling me he was rescuing me.

I know I did not have faith. When I did finally become clean, it was because the women who believed in me had faith. I was able to believe them and had faith that these women could see something I could not see. I feel God puts the right people in our lives... some to teach us, some to guide us and some to believe in us. For me it was this belief that keeps me strong and for that I am so very blessed.

It has been a long time coming, but through all that I've been through, I was able to regain my children, all six and a grandson now. I am able to support my children, not just financially but to be there emotionally. I can honestly say I have learned so much from them. It has not happened overnight. I have gone to therapy and have had to face their questions and had to answer for my lies and poor choices. It hurt and hurt more. My friends, sponsors and mentors all said it takes time, and of course, I believed that because I did not know.

Today my house is not as noisy as it once was. Three of my children are adults and they have their own places. I only have three children left at home. They are all in their teen years. I thought things were hard before; that was before I had teenagers. I know the most beautiful things are yet to come. In this past year, I have truly accepted God in my life as my Savior. I believe God has planned my life and He has saved the best for last.

1 John 5: 11-13, *"And this is the testimony: God has given us eternal life, and this life is in His son. He who has the Son has life: he who does not have the Son of God does not have life."*



HOW ABOUT YOU, MY FRIEND? HAVE YOU MADE A COMMITMENT TO JESUS? ONLY HE HOLDS THE KEYS TO A SUCCESSFUL LIFE AND THE KEYS TO ETERNITY WITH HIM!

2 Corinthians 6:2, *"For He says: 'In an acceptable time I have heard you, And in the day of salvation I have helped you.' Behold, now is the accepted time; behold, now is the day of salvation."*

Is your life without hope, full of despair and chaos? What Jesus did for Kathy, He will do for you also, if you choose to let Him. Each person must make a choice. We must trust Jesus Christ as Lord and Savior and receive Him by personal invitation. *"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me."* — Revelation 3:20; *"That if you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised Him from the dead, you will be saved."* — Romans 10:9 (NIV)

Will you receive Jesus Christ right now? How to Pray: Dear Lord Jesus, I know that I am a sinner and need Your forgiveness. I believe that You died for my sins. I want to turn from my sins. I now invite You to come into my heart and life. I want to trust and follow You as Lord and Savior. In Jesus Name, Amen.



Health Tips - Women's top health threats:

No. 4 Chronic obstructive pulmonary disease (COPD)

By HeartCenter Online

What is Chronic Obstructive Pulmonary Disease (COPD)?

COPD is an overall term for a group of chronic lung conditions, including bronchitis and emphysema, for which there is no cure. COPD is a chronic, progressive condition characterized by coughing, wheezing and shortness of breath that can drastically restrict daily activities. Both chronic bronchitis and emphysema have been linked to smoking tobacco and may develop in the same person.

Chronic bronchitis is an inflammation of the main air passages (bronchi) to the lungs, which results in the production of excess mucus, a reduction in the amount of airflow in and out of the lungs, shortness of breath and respiratory infection.

Emphysema is a chronic disease of the lungs characterized by difficulty in breathing due to abnormal enlargement and loss of elasticity of the air spaces. As emphysema develops, shortness of breath is often the first symptom that people notice. Over time, other symptoms appear: a nagging cough (often with mucus), and a gradually worsening ability to exhale. By the time the symptoms of emphysema have become severe enough to go see a physician, people have generally lost between 50 and 70 percent of their lung tissue.

Recent statistics show that over 16 million Americans suffer from COPD. It is the second leading cause of disability. Claiming over 100,000 American lives every year, COPD is fourth out of the top five causes of death. Of all major diseases, it is the only one currently showing an in-

crease in number of cases and number of deaths.

Signs and symptoms of COPD?

The top three symptoms of COPD are coughing, wheezing and shortness of breath. As COPD progresses, people experience trouble carrying out the most basic daily activities, such as making dinner or walking to the car. It becomes more and more difficult to catch their breath, which causes their level of oxygen to decrease, and their level of carbon dioxide to increase. This causes the body to work harder to keep up with the demand for oxygen. As a result, COPD patients are often taking 20 breaths per minute. Untreated, this situation can eventually lead to acute respiratory failure, which can in turn lead to abnormal heart rhythms or other potentially deadly problems such as right-side heart failure. In fact, people diagnosed with chronic bronchitis are 50 percent more likely to die from heart disease than other people, including smokers. Finally, as these symptoms continue and develop, you may eventually require an oxygen tank or even mechanical respiratory assistance to breathe.

Risk factors and causes of COPD?

1. Smoking - In 80 to 90 percent of COPD cases, the main cause is smoking tobacco, and it's strongly associated with lung cancer, the No. 1 cause of cancer death in women. Recent studies have also suggested that breathing in second-hand smoke can eventually damage the lungs of non-smokers.

Healthy Lung



Smoker's Lung



2. Genetic Factors - Some genetic causes are (1) lungs that are more sensitive to irritants, making it more likely that they will develop COPD, or (2) those born with a variety of conditions in which they are not protected from harmful enzymes (complex proteins found in body cells which are necessary for chemical reactions to take place), which increases the risk for emphysema.
3. Other Factors - People who are particularly vulnerable to COPD include women, people who have inhaled many airborne irritants, people exposed to excessive fungi/mold, people with few antioxidants (e.g., vitamin C) in their diet and older people. Obesity has been identified as a risk factor for chronic bronchitis, and low body weight has been linked to emphysema.

How can COPD be prevented?

The best prevention for COPD is to quit smoking and avoid second-hand smoke because tobacco smoke has been strongly linked to this disease. Avoiding other irritants in the air is also important. Furthermore, research suggests that thoroughly taking care of all lung-related infections is necessary, particularly if they are recurrent. Exercise to maintain full lung capacity, and a healthy diet to maintain normal weight are also recommended.



Wild Water Adventures Samaritan Women Outing

**WHEN: Saturday,
August 28th**

**WHERE: Wild Water Adventures in
Clovis, CA**

**COST: Special Price of Only
\$10 per person**



**Start Planning for another great
water park adventure with our
family and friends!**

**Last year we had a
BLAST!
Call Pam at
227-2190 to get
your tickets!**



Kid's Korner...

The Children's Enrichment Center
with Nana Singh



What does it take for your child to move out on the winning track, the cutting edge of life? It is not about "making" them do anything, good or bad. It is about seeing the inborn God-given beauty, potential and goodness that He has created in them. It is about giving your child the respect that God gives him/her. Respect is not about operating in the manipulation/control trap, alternating between threats and giving rewards. It is more about accepting responsibility. As you accept responsibility for yourself, so also your child is likely to follow your example and accept responsibility for what is up to him to do. An old rule helps: "Don't do anything for your child that he/she is able to do for himself at an age appropriate level." Expect a lot from him/her and



you will lead the way for them to become competent, confident children that others enjoy having around.

We are here to help you get on the winning track. Come join us at the Center during these summer months. We will plan to go to the Discovery Center again. Craft and game activities with children & moms together on Wednesdays after Bible Study will begin in June. New books come in frequently for Book Buddies. Balance your busy summer with adequate time for reading. Reading is foundational for not only success in school but in life as well. We have a wonderful crew of volunteers here to build into your children's lives, and give you the support and encouragement you need for your recovery process.

Happening Highlights

...For Our 'Women'

June Highlights

Fun Fellowship Friday, June 11th, 6:30-8:30

Fun Fellowship Friday will be at Vinland Park, located on Gettysburg between Cedar and Chestnut. Our friend David Manley's group, Impact For Life, will be joining us. We're barbecuing hamburgers and hotdogs. There will be games for parents and children together. Bring a side dish or dessert to share!

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

* **Safe People**, Mondays 1 - 3 pm - This is an excellent class where you can learn to avoid making unhealthy

relationships and strengthen good relationships.

* **Practical Parenting**, Thursdays, 1-3 pm - This class offers keys to equip and empower parents. These sessions illustrate positive discipline techniques and effective self-esteem building skills, communication and listening skills, reducing stress in the home.

* **Money Management**, Wednesdays 1 - 2:30 - This class will help you learn how to manage your money. You will learn how to make a budget and then follow it throughout each month.

* **Wise Use of Credit**, Wednesday, June 30th, 1 - 2 pm - This class will give information on using credit responsibly.



The Ultimate Question

By Charles Stanley

Adam and Eve let all of us know what acting independently of God is like.

Romans 14:7-9, "For none of us lives to himself alone and none of us dies to himself alone. If we live, we live to the Lord; and if we die, we die to the Lord. So, whether we live or die, we belong to the Lord. For this very reason, Christ died and returned to life so that he might be the Lord of both the dead and the living."

The ultimate question regarding sin is this:

Who's the boss? In your life, who is the boss, you or God?

We sin when we seek to get our needs met our way in our timing through our means.

We sin when we step outside the will of God.

But God says it is for our best to have what He wants for us when He wants us to have it, the way He wants us to have it, with His motivation. **When we are willing to acknowledge, submit to, commit to, and yield to Jesus Christ as the practical, down-to-earth, Monday-morning boss in our lives, then we will be walking in the will of God and every moment of our lives will be better.**

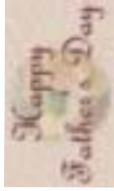


While believers certainly understand the need for forgiveness of their sins, many struggle with obedience. It comes down to a choice of when do we wish to deal with sin—before the mess is made or afterward?

Peter Marshall once said: "We are too Christian really to enjoy sinning, and too fond of sinning really to enjoy Christianity. Most of us know perfectly well what we ought to do; our trouble is that we do not want to do it."

If you have any trouble distinguishing who your boss is, read **Acts 2:36**, **Philippians 2:9-11**, and **Revelation 19:11-16**. These should clear the air.

1. What does "die to self" mean in your life?
2. Who is "Boss" in your life?
3. Where do you spend your time?
4. Where is your heart? (Matthew 6:19-21)

June 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Psalm 37:5-6, "Commit your way to the LORD; trust in Him and He will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun."</p>	<p>1 -Parenting (Court Approved), 9:30 - 12:30 ~ Anger Resolution, 1:30 - 2:30 p.m.</p>	<p>2 ~Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center ~Money Management, 1 - 2:30 pm</p>	<p>3 - Practical Parenting, 1-3 pm ~ Book Buddies, 6:00-7:30 pm</p>	<p>4 -Crochet, Quilting & Sewing, 9:30 - Noon ~ Victory Over Substance Abuse, 1 - 2:30 p.m. ~ Incentive Party, 2:30-4</p>	<p>5 Samaritan Women Retreat at Wonder Valley</p>	
<p>6 Samaritan Women Retreat at Wonder Valley</p>	<p>7 -Bible Basics, 10:30 am-Noon ~ Safe People, 1-3 pm</p>	<p>8 -Parenting (Court Approved), 9:30 - 12:30 ~Anger Resolution, 1:30 - 2:30 p.m.</p>	<p>9 ~Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center ~Money Management, 1 - 2:30 pm</p>	<p>10 ~ Practical Parenting, 1-3 pm ~ Book Buddies 6:00 - 7:30 pm</p>	<p>11 -Crochet, Quilting & Sewing, 9:30 - Noon ~ Victory Over Substance Abuse, 1 - 2:30 p.m. ~ Incentive Party, 2:30 -4 ~ FUN FELLOWSHIP FRIDAY, 6:30 - 8:30 p.m.</p>	<p>12</p>
<p>13 Worship your Lord and Savior at church today.</p>	<p>14 -Bible Basics, 10:30 am-Noon ~ Safe People, 1-3 pm</p>	<p>15 -Parenting (Court Approved), 9:30 - 12:30 ~Anger Resolution, 1:30 - 2:30 p.m.</p>	<p>16 ~Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center ~Money Management, 1 - 2:30 pm</p>	<p>17 ~ Practical Parenting, 1-3 pm ~ Book Buddies 6:00 - 7:30 pm</p>	<p>18 -Crochet-Quilt & Sewing, 9:30 - Noon ~ Victory Over Substance Abuse, 1 - 2:30 p.m. ~ Incentive Party, 2:30 - 4</p>	<p>19</p>
<p>20 Father's Day Worship the Lord!</p> 	<p>21 -Bible Basics, 10:30 am-Noon ~ Safe People, 1-3 pm</p> 	<p>22 -Parenting, 9:30 - 12:30 ~Anger Resolution, 1:30 - 2:30 p.m.</p>	<p>23 ~Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center ~Money Management, 1 - 2:30 pm</p>	<p>24 ~ Practical Parenting, 1-3 pm ~ Book Buddies 6:00 - 7:30 pm</p>	<p>25 -Crochet, Quilting & Sewing, 9:30 - Noon ~ Victory Over Substance Abuse, 1 - 2:30 p.m. ~ Incentive Party, 2:30 - 4 TRI-TIP TAKE-OUT DINNER</p>	<p>26</p>
<p>27 Go to church to worship our Lord!</p>	<p>28 -Bible Basics, 10:30 am-Noon ~ Safe People, 1-3 pm</p>	<p>29 -Parenting, 9:30 - 12:30 ~Anger Resolution, 1:30 - 2:30 p.m. ~Alumni Mtg, 6-8 pm</p>	<p>30 ~Bible Study/ Support, 9-11 am at EV Free (child care) Boutique (clothing) at Center ~Wise Use of Credit, 1 - 2:30 pm</p>	<p>~ Practical Parenting, 1-3 pm ~ Book Buddies 6:00 - 7:30 pm</p>	<p>Proverbs 16:3, "Commit to the LORD whatever you do, and your plans will succeed."</p> 	<p>31</p>