



## 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

## Extreme Make-Over

There is a popular TV show that shows men and women receiving Extreme Make-Overs to help them appear more attractive. Participants undergo weeks or months of procedures like cosmetic surgery, liposuction, dental work, teeth whitening, hair styling and color, diet and exercise. Each week their stories are told and they debut their new looks in their brand new clothes. There's usually a dramatic change.

God also wants to do an Extreme Make-over on His children, and it starts on the inside with our minds and hearts. The change soon becomes evident in the way we put on our make-up, carry ourselves and speak. Even the type of clothing we wear often changes.

Much like the one on TV, God's make-over takes time. It starts with the cutting away of things that need to go - like addiction to pornography or homosexual material, gossip, griping, or filthy language. God helps us learn to fill our hearts and minds with positive things, and it's amazing how this new perspective affects how we look outwardly or even how we carry ourselves.

As we begin to see ourselves in a new light, we begin to value ourselves and stand straighter and even wear more smiles because we are happier on the inside. A healthier diet helps our hair shine, our skin becomes more radiant and our eyes soft and clear. Our make-up becomes more natural in appearance, to enhance our features rather than the brash and bold over-use that tends to make a person look hard. Even our jewelry and clothing choices take on a new look. We're no longer trying to call atten-



tion to ourselves, but instead want to represent the Lord and call attention to Him.

We develop new patterns of diet and exercise to develop a healthy body, and engage in daily Bible reading and prayer to feed our souls. The result: hearts that are at peace. We don't feel anxious, fearful or angry. We're able to see past our needs and care for others.

What takes place is nothing short of an ongoing miraculous transformation, one that started with answering the question in life that we all face, "What on earth am I here for and what in life is important?" That is a question that is being discussed in various groups throughout the country and here at Samaritan Women. We are holding groups on Monday morning and Tuesday evenings offering discussion on the best-selling book "Purpose Driven Life" that will give insight on the important issues and questions we face.

I find it so comforting in my life, and I hope you find this truth for yourself also, that I was created by God and that "He loves me with an everlasting love", (Jeremiah 31:3) and that "Long before He laid down earth's foundations, He had us in mind and settled on us as the focus of His love to be made whole and holy by His love." (Ephesians 1:4 Message) Here's some awesome thoughts; "I was created to be loved by God", "I was made to last forever" and that "I find my purpose by getting to know God." Check out these verses for encouragement: Isaiah 44:2, Psalm 139:16, Psalm 33:1, Proverbs 16:4a, Proverbs 9:10b, Colossians 1:16. Then these last two verses offer why

people who allow God to have His way in their lives enjoy peace and joy and experience His extreme make-over. As it says in the Message Bible translation in Ephesians 1:11 "It's in Christ that we find out who we are and what we are living for...part of the overall purpose He is working out in everything and everyone." And also in Acts 10:35 "It makes no difference who you are or where you are or where you're from-if you want God and are ready to do as He says, THE DOOR IS OPEN" (for YOU). The capitalization is mine, used for emphasis.

So you see there is a lot waiting for you and me in our lives ahead. I'm in the process of having a radical make-over, one that will help me focus on God's love for me and from that knowledge how I can please Him. How about you? What do you need to do this week to give your life purpose? Is it join our classes, talk to someone about getting your life on track, or to encourage a friend or neighbor? God is in the LIFE-CHANGING BUSINESS WITH OUT-OF-THIS-WORLD RESULTS...an Extreme Makeover to the Max!!

### 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.

**May 14th**

6:30-8:30 p.m.

Fresno Evangelical Free Church  
3438 E. Ashlan Avenue  
(upstairs in the Atrium Building,  
Room 212)

**Kathy Howard & Friends**

Last names A-G, bring Dessert  
Last Names H-R, bring Main Dish  
Last Names S-Z, bring Side Dish

(Children's Program for Kids.)

# Q&A

2 Corinthians 5:17-19, "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation."

This month we interviewed four of our people to hear their thoughts on their EXTREME MAKEOVER! We asked them: When thinking how your life has experienced an EXTREME MAKEOVER (outwardly and inwardly) since when you first became a Christian, how can you see that your life has changed the most? What have you sensed that God is wanting you to work on now, and how are you seeing that to become a reality?



**Maxine Leroy (Been a Christian since I was a child; been involved with Samaritan Women since February 2004)** - I have felt God's hand on my life in various situations. Throughout my life, God has placed Christians in my path that have influenced me in the decisions that I made. I've always known without a doubt that God has been and is there for me and is in control of my life. Today God is teaching me to have empathy for women in circumstances that are much different than my own. Since working at Samaritan Women, I've learned a lot. I'm learning that God loves all types of people and that He expects me to do the same. He is helping me to accept others where they are. Romans 8:28, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."



**Dena Matthews (Been a Christian since childhood; been involved with Samaritan Women 2 months)** - Before giving my life to Jesus, I was involved with drugs and alcohol and very into myself. While spending five months in jail, God found me. It was then that I realized God does have a plan for my life. He took me from an awful, empty, selfish person and has filled me with His love, joy, peace and compassion. He has set me free from my past. Today, God's making me stronger in His word. God is revealing more of Himself to me through others and is reassuring me that He does have a plan for my life. Jeremiah 29:11-14, "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."



**Pastor Merle Christian (Been a Christian 68 years; been involved with Samaritan Women 4 1/2 years)** - The most dramatic experience in my life was accepting Jesus Christ into my heart as a young person. For the first few years I lived under the very false assumption that I had to live the Christian life in my own strength. The most revolutionary experience in my life was to learn God wanted to live His life through me in the power of the Holy Spirit. II Peter 1:3-4, 2 "His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires." Currently God is laying on my heart to become more deeply involved in prayer ministry. There are so many needs around me, I am moved to a more intense prayer life. This will involve time and study of some of the great prayers of the Bible.



**Pam Burton (Been a Christian 8 years; been involved with Samaritan Women for 4 1/2 years)** - My EXTREME MAKEOVER...My life before Jesus was very self-centered. It was all about me. I had no limits, no boundaries, and no respect for myself. I also had a daughter and although I loved her very much, I had very little concern for how my choices and lifestyle were affecting her heart and her life. Praise God, Jesus began tugging at my heart. In 1996, I gave my life to Jesus and my life is no longer the same. It's all about God and what He has planned for my life. Inwardly, my heart now desires the things of God, to love God by trusting and obeying Him. Today, I know God wants me to work on my parenting skills. My two girls are a gift from God, and He desires that I raise and deal with them in a godly way. To do this, I am seeking wisdom from God and counsel and guidance from the people He has placed in my life. Lastly, I am making a conscious effort to practice what God is showing me to do; that is the hard part. John 14:23-24, "Jesus replied, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him."

## Health Tips - Beating The Fat Trap

Convenience ALWAYS RULES when it comes to eating. But how can we beat the fat trap when eating fast food as well as when eating at home?

When choosing the convenience of the drive-through window, consider these simple tips to help reduce your fat intake:

1. **An OCCASIONAL hamburger is fine.**

To keep the fat and calories down to a minimum, eat a plain burger. You will save 300 calories by NOT having the bacon and special sauce.

2. **Order small sizes.** A small fry has 210 calories, 10 grams of fat, while a super-size order has 610 calories, 29 grams of fat. WOW! Don't want that sticking to the ribs.

3. **Share your meal.** Share with a friend or save half for next day's lunch.

4. **Have low-fat or fat-free salad dressing.** A salad alone is always low in fat and calories. It's the dressing that gets us.

You can also shop the aisles for easy convenient meals. Here's how to have no-fuss home-cooked meals that are good for you, too:

1. **Check food labels for ingredients.** Lots of fat means lots of calories, 9 calories per gram of fat. Ideally, total fat per serving should be only 3 grams or less, which means you're buying a low-fat product.



2. **Watch out for saturated fat content.** This fat is found in all kinds of packaged goods, usually in the form of coconut, palm and palm kernel oil and in fatty meat and full-fat dairy products. Eating too much saturated fat can lead to heart disease, and it doesn't help your weight either.

3. **Avoid trans fats.** Simply put: **AVOID THE SNACK AISLE.** Trans fats are in crackers, cookies and snack foods. So if you must get crackers for the kids, get them and then **RUN!**

4. **Fill up on less.** Eat a lot of fiber. Fiber keeps your digestive tract functioning at an optimal level, is food for your heart and fills you up on less food, which will help to keep you slim or help you lose weight. Health experts recommend eating 20 to 35 grams of fiber daily.

5. **Go light.** Choose Canadian bacon over regular bacon or sliced turkey over roast beef. "Prime" grades of meat have the most fat and "select" the least.

6. **Don't shop hungry & Take a list.**

Grab a quick, healthy snack before you leave the house, and you'll resist the urge to buy on impulse. AND...when you shop with a list, you know what you need and can easier bypass what you don't need.



1 Corinthians 6:19, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?"

### Kid's Korner...

The Children's Enrichment Center  
with Nana Singh

"I want it!" "No, I had it first!" Two little girls not yet three and four were in a tug of war over a doll's high chair. Neither was about to budge. It would be very easy to switch to the old authoritarian approach and declare that no one gets to play with it. The "I'm big and you're little, and there ain't nothing you can do about it!" idea that perpetuates the development of dysfunctional people. With a little practice the authoritative approach is a much better way for all to learn to get along together. The other choice would be to ignore the incident leaving the children in their own



little world to find their own way to resolve their difficulties while I focus on my own agenda—permissive parenting, nobody learns anything, and unfortunately nobody wants to spend time with children who are used to doing what they please.

I sat the two little girls facing each other on little chairs and put the high chair in between them and informed them they had to solve *their* problem with how to play with the high chair. The older girl began counting the frogs on the wall and the younger crossed her arms and pouted. Neither child wanted to budge from her position. Finally an older brother suggested taking turns and we talked about that, making sure they understood what that meant. The

younger one decided the older one could go first, and from there they played together agreeably.

Authoritative parenting, the most productive approach is not something we can do naturally. It is a learned parenting style that needs much reinforcement and deliberate focus and practice. We practice it here in the Children's Enrichment Center. The result: a lot of just plain fun and an oft heard chorus, "Do we have to leave? I want to stay here!" Summer plans include another trip to the Metropolitan Museum and outings to the Discovery Center. Let us help you make time with your children more productive and enjoyable! It can happen!



Kathy Arteaga,  
Program Director

What we are freely given is the 'Greatest Gift'. We are recommended to stay out of certain relationships, not to deprive us of the companionship, but to ensure we have begun to know ourselves. And through the mistakes of people before us, we are given these as lessons for our own lives. We are told many times to stay away from the old places and people that may be involved in negative behaviors or even dangerous activities. And many times, we don't believe they can or will affect us. As time passes, we see how people and places can affect us. We see through God's Word and power that they have nothing to offer us anymore. We begin to see and feel the negative falling away. The miracle is that all the



people or ideas we once had will be replaced with the Love of God, and that will bring peace. This will not happen if we don't continue to seek God and His ways.

What a miracle! Our changes may not be clear to us, but others will see them and even tell us. This will be a challenge for us to accept all the compliments and all the love. The truth will be in front of you. Who will you believe? Believe GOD; He has not lied to you, and He will not let you down. Romans 3:23-24. *"For all have sinned and fall short of the glory of God, and are justified freely by his grace through the redemption that came by Christ Jesus."*



What On Earth Am  
I Here For?  
By Brian Boone

### Life's Three Greatest Questions

1. **Existence: Why am I here?** You were created to be loved by God. Jeremiah 20:18, Proverbs 16:41, Ephesians 1:4
2. **Significance: Does my life matter?** You were made to last forever. Isaiah 49:4; 44:2 - Pslams 139:16; 33:11; 2 Corinthians 5:1; Proverbs 9:6
3. **Intention: What is my purpose?** You find your purpose by getting to know God. It's all about Him. Psalms 89:47; Proverbs 9:10b; Colossians 1:16; Ephesians 1:11; Acts 10:35

**Application:** The following questions are for personal and group study.

1. Who is your number one advisor in life and why?
2. Apart from knowing God, what are some of the ways in which people try to find meaning and purpose? Why has God made everything (Proverbs 16:4)? Why has God made you (Ephesians 1:4)? Describe how God has shown (and shows) His love for you (John 3:16). How does the fact that you are the focus of God's love affect you?
3. What is the question of existence? How did Jeremiah ask this same question? Have you ever felt like Jeremiah? Explain. Why is a life without purpose a life not worth living?
4. What is the question of significance? How does Isaiah 49:4a express this same question? Have you ever felt this way? Explain. Describe what it means to live on the survival level, the success level and the significance level. which level are you living on? Why?
5. What is the question of intention? How did the psalmist ask this same question? Have you ever felt like the psalmist? Explain. How does Proverbs 9:10b relate to finding your purpose in life?
6. Read Colossians 1:16 and Ephesians 1:11. Why is getting to know God the key to finding your purpose in life? Since we are all at different stages in our spiritual journey, why is Acts 10:35 such an encouraging invitation?

## Happening Highlights

...For Our 'Women'

### May Highlights



\* We have some new exciting and informative classes this month. Special incentives are being offered for those who attend the Tobacco Education/Smoking Cessation Class.

\* **Self-esteem Builders**, Mondays 3:30-4:30 – Do you believe in yourself? Self-esteem is the way you see yourself and is an essential part of personal happiness, fulfilling relationships and achievement.

\* **Skin Care/Make-Up Application** - Skin Care portion on Wednesday, May 5th, 1-2:30 pm; Make-up Application on Wednesday, May 12th, 1-2:30 pm.

\* **Voting** - Wednesday, May 19th, 2:30-4 pm. What is a Republican or a Democrat? How should I vote? This is the class to get those questions answered. This is a presidential voting year, and your vote makes a difference.

\* **Tobacco Education/Smoking Cessation** - Wednesday, May 26th, 1-2:30 pm. Information on the health effects of cigarette smoking to you and your family. Resources and information to those who are wanting to quit.

\* **Domestic Violence**, Thursdays, May 6th and 13th, 1-2 pm - "1 out of 4 relationships involve abuse. Come learn more and get information to help your family, friends and co-workers."

\* **Practical Parenting**, Thursdays, 1-3 pm - This class is 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.

\* **Introduction To Computers Class** - If you would like to learn the basics of computers, this class is for you. **You must sign up for this class.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1

# May 2004

**2** Take your children to worship.



**9** ~Bible Basics, 10:30 am-Noon  
~ Holiday Crafts, 12:45-2 pm  
~ Self Esteem Builders, 3:30 - 4:30 pm

**16** Worship your Lord and Savior at church today.

**17** ~Bible Basics, 10:30 am-Noon  
~ Holiday Crafts, 12:45-2 pm  
~ Self Esteem Builders, 3:30 - 4:30 pm

**18** -Parenting (Court Approved), 9:30 - 12:30  
~Anger Resolution, 1:30 - 2:30 p.m.

**23** Worship with a church family today!

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**25** -Parenting, 9:30 - 12:30  
~Anger Resolution, 1:30 - 2:30 p.m.  
~Alumni Mtg, 6-8 pm

**30** Go to church to worship our Lord!



**31** Memorial Day!  
CENTER CLOSED

Hebrews 12:1-3, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart."

**3** ~Bible Basics, 10:30 am-Noon  
~ Boundaries 1:00 - 3:00 pm  
~ Self Esteem Builders, 3:30 - 4:30 pm

**4** -Parenting (Court Approved), 9:30 - 12:30  
~ Anger Resolution, 1:30 - 2:30 p.m.

**5** ~\*Bible Study/Support, 9-11 am at EV  
Free (child care)  
Boutique (clothing) at Center  
~Skin Care, 1 - 2:30 pm

**6** ~ Domestic Violence Education, 1 - 2 p.m.  
~ Book Buddies, 6:00-7:30 pm

**7** ~Crochet, Quilting & Sewing, 9:30 - Noon  
~ Victory Over Substance Abuse, 1 - 2:30 p.m.  
~ Incentive Party, 2:30-4

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