



CASCADE NEWS - NOVEMBER & DECEMBER 2023

From the Founder's Heart - Liz McBride

Take time to enjoy your family and friends during this Thanksgiving Season. Don't forget to make room for someone who might not have the privilege of an extended family and friendship. Use every opportunity to give to a needy family and/or volunteer at a church or community reach out. You can make a difference. Cascade will be donating monies for turkeys to non-profit 365 organization, as they will be giving food baskets to families of school districts of underprivileged children.



Birthday shout out to our November & December Ladies

November

Cynthia McNealy
Cheryl Johnson
Dana Ables
Renee Thornton
Aida Monroy
Carla Miller
Sherry Gilson
Kathy Woods

December

Billy Allen
Janjay Rodgers
Lori Bryant
Sharon Thomas
Janea Liggins

May God richly bless you and hope your day was exciting.

Care Corner – Gayle Hampton

The Benefit of ‘Healing Stretch’ (Alternative to Yoga)

While we often associate Yoga with a Hindu spiritual and ascetic discipline, stretching and breath control has benefits to your health. **Healing Stretch** is the name of the class I teach for stretching and breathing at the Senior Center in Rancho Cucamonga.

Breathing exercises can help rid the lungs of accumulated stale air, increase oxygen levels, and get the diaphragm to return to its job of helping you breathe properly. Stretching increases circulation, relaxes the body and helps rid the body of lactic acid buildup. It also increases flexibility, and blood flow to muscles as well as improve range of motion in joints. Deep breathing while stretching and doing other core strengthening exercises increases stamina. For instance, planks strengthen the core, arms and legs while toning other areas. Sitting cross-legged or lotus pose opens the hips and thighs which improves flexibility and reduces stiffness. Stretching and opening the lower body increases circulation.

There are other stretching positions or yoga poses that improve balance. Deep breathing not only oxygenates the body, but it also lowers blood pressure and increases lung function. It also calms the mind and relaxes the body ultimately reducing stress. All these benefits promote healing and improve our health. Less tension in the body and mind improves digestion and detoxifies the body, which reduces stress and calms nerves. Whether one practices yoga or stretching with deep breathing, including these into a daily exercise program or practicing these regularly will improve and transform daily living.





Make your reservations today. We are expecting a full house. Deadline November 20th, website www.cascadeofempowerment.org donation tab 45.00 or Zelle 909-635-4124.



Prayer Circle – Grief Support – November 18 2:00 p.m. – 3:15 pm

Join us on November 18th for Prayer and Grief support via Zoom 589 450 4195. Last month's Prayer and Grief support was awesome! We will continue to pray for one another, Israel, Ukraine and world peace. If you have a special request, please text or email. We will continue to lift you and your family up and that your daily needs would be met. If you have a special request, please text or email. 909-635-4124 or lizmcbride101@gmail.com

Handling the Unexpected Ambush!

Spoken by: Pastor Danniell Perkins, Rise Community Church, Myrtle Beach, SC

Written by: Nora A. Neal-Daggett

The holidays are just around the corner, and with them comes a raft of memories! Be prepared for the wave of emotions.

Don't let the wave take you under ride the wave and be victorious!

W- worship 2 Chronicles 20:17 You do not have to fight this battle (alone) position yourselves, stand still and see the salvation of the Lord. Verse 20 Believe in the Lord your God and you will be established. Believe in His prophets, and you will succeed. *The Battles is not yours it's the Lords!*

A- Anointing Isaiah 61: 1-3 The Spirit of the Lord GOD is upon me,
Because the LORD has anointed *and* commissioned me
To bring good news to the humble *and* afflicted;
He has sent me to bind up [the wounds of] the brokenhearted,
To proclaim release [from confinement and condemnation] to the [physical and spiritual] captives
And freedom to prisoners,
2

To proclaim ^[a]the favorable year of the LORD,
^[b]And the day of vengeance *and* retribution of our God,
To comfort all who mourn,
3

To grant to those who mourn in Zion *the following*:
To give them a ^[c]turban instead of dust [on their heads, a sign of mourning],
The oil of joy instead of mourning,
The garment [expressive] of praise instead of a disheartened spirit.
So they will be called the trees of righteousness [strong and magnificent, distinguished for integrity, justice, and right standing with God],
The planting of the LORD, that He may be glorified.

V- Victory- 1 Corinthians 54-58:

“DEATH IS SWALLOWED UP in victory (vanquished forever). ⁵⁵ O DEATH, WHERE IS YOUR VICTORY? O DEATH, WHERE IS YOUR STING?” ⁵⁶ The sting of death is sin, and the power of sin [by which it brings death] is the law; ⁵⁷ but thanks be to God, who gives us the victory [as conquerors] through our Lord Jesus Christ.

⁵⁸ Therefore, my beloved brothers and sisters, be steadfast, immovable, always excelling in the work of the Lord [always doing your best and doing more than is needed], being *continually* aware that your labor [even to the point of exhaustion] in the Lord is not futile *nor* wasted [it is never without purpose]

Victory= The mindset that I am strong in Christ!

E- Eternal Psalms 136: 1-9

Give thanks to the LORD, for He is good;
For His lovingkindness (graciousness, mercy, compassion) endures forever.
2 Give thanks to the God of gods, for His lovingkindness endures forever.