



CASCADE NEWS - SEPTEMBER & OCTOBER 2023

From the Founder's Heart - Liz McBride

How to deal with the "Dry Places" in our lives Have you ever been at a place when you feel you are at a dry place and somewhat disconnected. A dry place can be where you can feel like you not hearing God as clearly, or out of control of your agenda or personal affairs? You may be confused, feeling empty or I just need more. This can happen after prolonged periods of grief. Any of these feelings may be a sign you are in a "Dry Place" What do you do when this happens in your life and further, what do you not.



- Pray - Prayer increases your intimacy with God.
- Study His Word – as you read about other experiences you find encouragement!
- Praise & Worship – helps you experience the presence of God and brings joy.
- Fellowship – Connecting with others is essential.
- Exercise – pay attention to diet and health.
- Volunteer – As you help others your focus will change.

You DO NOT want to pay attention to negative things and over thinking a matter can be frustrating. Guard the entrances to your heart, trust God and do not give up trusting when you are in that *dry place*. Jeremiah 17:7-8

Birthday Celebration – El Torito Restaurant September 23rd | 12 – 4 pm

It is time to celebrate our July, August, September, and October birthdays for our Cascade ladies. The birthday party will be held in the private room of EL TORITO Mexican Restaurant at 3680 Inland Empire Blvd, Ontario California 91764 | 12: 00 to 4:00 p.m. We are planning a fun-filled afternoon. Bring your game partner. Bid Whiz, Bingo, Dominos. Checkers. The cost is only \$ 30.00 and there will be a gift for every birthday lady. (July, August, September, and October). Must RSVP by September 15, via website. You can also pay by check or Zelle. Looking forward to seeing you there.



Birthday shout out to our Septmber & October Ladies

September

Carol Abrams.
Margie Camacho
Rhonda Davis
Linda Pringle
Colleen Johnson
Mabel Bryant
Sandy Salcedo
Renee Fields
Desiree Martinez
Kathy Nelson

October

Teresa Willingham
Gayle Hampton
Connie Chapel
Pam Augerbright
Ruby Hernandez
Greta Hampton
Leigh Milsap

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

Rita Jones - Heaven received a Jewel!!



Rita Jones, mother of Colleen Johnson, transitioned to her Heavenly Father on August 17th, 2023. Rita, you will certainly be missed. We will miss your beautiful smile and competitive spirit. Loving to win and you did win many of our Bingo games. We always looked forward to your presence at our events, which you rarely missed. **You are loved and Cascade of Empowerment will be planting a tree in your honor.** Thanks for contributing to us in so many ways.

Upcoming Events

- 9.23.23– July, August, Sept. & Oct. **Birthday Celebration** 12 to 4:00 p.m.
El Torito Restaurant, 3680 Inland Empire Blvd, Ontario Ca. (North of the 10 Freeway)
- 10.21.23 -Saturday, 2:00 to 3:15 p.m. **EST Zoom Grief Support & Prayer Circle**
- 11.28.23 -Fundraiser – **Lucille’s BBQ – Giving Tuesday**
- Victoria Gardens – Rancho Cucamonga. We will be **supporting a local charity** on that day. Let me know if you would like to volunteer. As we receive, we give back.
- 12.2.23 **Christmas Party** – November & December Birthday – 12 to 4. James L. Brulte Senior Center
11200 Base Line Rd. Rancho Cucamonga Ca 91701 Catered by Five Star Catering.

REGARDING OUR FUNDRAISERS. As a registered 501 (C)(3) in the State of California non-profit our funds come from donors, members of our group, community and organizations that support our cause. As you may or

may NOT know Cascade is **NOT sponsored by a local church**. We are members of Christian Business Partners and a 10 % of funds collected by the Rancho Cucamonga chapter supports our organization this year. We are also members of the Rancho Cucamonga Chamber of Commerce. These fundraisers provide an opportunity to these groups to support Cascade of Empowerment and we thank them. We know all of you cannot make it, and we do thank all of you who have supported our fundraisers. Further, **thanks for being the glue that makes things happen for sure! Could not do this without your support and feel no pressure when you cannot come to fundraisers, because of distance.**

Care corner – tips for caring for your home

We interviewed the **realtors** in our organization, and we came up with a list of **action items** for caring for your home to avoid costly repairs in the future.....

1. Check your Air Conditioner & Furnace routinely and change filters and vents.
2. Check batteries in Smoke Detectors, Carbon Monoxide detectors
3. Termite inspection every 3 to 5 years. Quarterly Pest Control Maintenance
4. Consider getting a Home Warranty – some plans allow you to pay monthly or yearly. When you have an issue or in need of a repair, their vendors are licensed in their fields of expertise.
5. Power wash your home, minimally every 2 years
6. Paint the outside of your home every 7 to 10 years. Paint inside as needed and desired.
7. Gutters – Make sure you remove leaves and debris, if you have gutters
8. Leaks – Fix leaks immediately to avoid mold issues
9. Keep your dryer vent clean
10. Clean ceiling fans and bathroom fans

Thanks to Sandy McWhorter, Gwendolyn Copeland, Ruth Moran, DaShunda Morris

Yours truly, Liz McBride



Thanks for your support of our August 8th Fundraiser. It was a success, great food, and phenomenal support. We had guests throughout the day.



ARE YOU ON TRACK?

What an exciting time we shared during the 3Rd Anniversary of Cascade of Empowerment! I enjoyed meeting each of you and seeing you “up close and personal.”

We all made a declaration that we would move forward, let’s review and make sure we are, indeed *moving forward*.

Moving forward requires consistent persistence! Being determined to reach up, every day, and hold to the hand of “The Great I AM, Your, Creator, Savior, Sustainer and Deliverer!

“The same God who spread billions of stars across the sky and sprinkled infinite grains of sand by the sea created “just ONE you!” (American Greeting Card)

He has a plan and a purpose, and an assignment that is only for you!

So, each day as the morning sun streaks across the sky or you hear the song- birds announcing that a new day has dawned. Begin seeking Him!

1. Thank Him for everything you can think of.
2. Give HIM praise for all He has done and continues to do in your life.
3. Ask Him what He would have you to do today. Say, speak Daddy Jesus your child is listening, I want to be where you are Jesus, and do what you want me to do.
4. Then Listen.

Ephesians 2:10

“For [you] are God’s workmanship, created in Jesus Christ to do good works, which God prepared in advance for [you] to do.”

This unique assignment is not like anything you’ve ever attempted to do before-it will become your passion and you will do it with pleasure. Because it was designed “just for you!”

The same God who saved you is the same God who will move you, lift you, deliver you from your darkness, despair and loneliness!

Remember when you first believed and received that Christ was your Savior? Close your eyes and go back to that moment... remember the excitement, the tears of joy, the anticipation of your new life with Christ was fresh and crisp! Now pin that remembrance upon the walls of you mind and heart and keep moving toward the goal, the high call of Christ!

R-E-A-C-H, S-T-R-E-T-C-H, Keep moving forward!

In His Love and mine,

Nora