



Cascade of Empowerment JULY/AUG 2024

Mark your Calendars

SUNDRESSES, SANDALS & SUNGLASSES SUMMER EVENT



August 10th, Corona California 2 to 6 13864
Oak Tree, Eastvale Ca for Food, Fun Fellowship
- July & August Birthday ladies will be
celebrated in our Cascade style.
Music, BBQ and our first time Tropical Beverage
Bar! Enjoy the pool. There will be games and
planned activities. You do not want to miss this
one. \$20.00 Zelle (909.635.4124)
or Donation tab on website
www.cascadeofempowerment.org.
Thanks, Renae, for being our gracious host.

Announcement



Dr Sharon Takaha-Andrews -
It gives us great pleasure to
announce that Dr. Sharon Takaha-Andrews has
been nominated as the new President of Cascade
of Empowerment. This nomination is expected to
be ratified at the next Board of directors meeting on
July 19th. Dr, Takaha- Andrews comes to us with
an impressive background in leadership and
pastoral care at the Abundant Living Family Church
(now Patria) and has held numerous positions as
Dean of the School of Ministry, Counseling and
serving Cascade of Empowerment. Liz McBride will
remain the title of Chief Executive Officer

A note from the

Founder's Heart

Liz McBride



As you may be aware there has been an uptick in the number of young people missing throughout our nation. Every few seconds there is a report of a missing child and much of this starts with social media. There are over 100 million apps that children can go on without your knowledge. Your children or grandchildren are at risk when they go on these apps. I recently had the privilege of attending a presentation where Clark Morrow, retired law enforcement officer of our community shared experiences working with youth with drugs (particularly fentanyl) and sex trafficking where predators encourage hook up meetings with children to get your child to initially feel safe. He cited instances of suicide stemming from cyber-bullying. These posts are negative, harmful, false, or mean in content and make a child feel embarrassed or humiliated. At that presentation was also a mother who shared her son's death by suicide via social media and the circumstances that led to this tragic event. Following are safeguards to remember:

- **Communicate with your children about social media.**
- **Limit kids' social media usage and have a communal area of the home.**
- **No internet services under fifteen years of age.**
- **Avoid filling out questionnaires.**
- **Create boundaries and time for your children to be on social media.**
- **Turn off GPS settings to disable tracing and GEO tags.**

The scriptures state we should watch as well as pray. We continue to pray for the physical, emotional, and spiritual well-being of our children and grandchildren. If you have a child or grandchild or know someone who does, please share this information and have that important discussion.

- Liz



July & August Birthdays

- Jodi Johnson – July 6
- Shirley Woods July 11
- Frankie Alston – July 13
- Nota Neal Daggett – July 16
- Kathleen Meyers – July 17
- Arvie Robinson – July 26
- Cynthia Madison – August 1
- Shirley Bone – August 7
- Cynthia Ellis - August 9
- Susa Andrade- Maglio August 11
- Gracie Windom – August 12
- Sandy Bowen – August 16
- DaShunda Morris – August 20
- Stevella Lopez – August 25

2024 Cascade Events



August

Summer Gala – “Sundresses, Sandals & Sunglasses Event - July August Birthdays August 8th Home of Renee Fields, Corona California. Memorial Walk A Thon FUNDRAISER - Date to be announced.

October

Fall Jazz Event - September & October Birthdays: Time & Place to be announced.

December

December - 3rd - Giving Tuesday - Community Outreach Fundraiser Lucille’s BBQ, Rancho Cucamonga

December 14th Cascade Christmas Bliss 12:30 - 4:00 - Cara Mia’s Italian Restaurant, Vendor booths available, PREPARE TO SHOP

Claiming Your Authority

Article Nora Neal-Daggett -

Beautiful Women of God, The Almighty God has promised us through the writings of Isaiah 61:3 (my paraphrase.) By His authority to [fix, declare, coordinate, settle] our mourning, we will be given beauty the -oil of joy - no more ashes, the spirit of heaviness will be exchanged [substituted, replaced.

Interchanged] with the garment of praise. We will be called oaks of righteousness [an oak tree’s roots go deep and mature in a majestic, crowned object of beauty. AND THAT’S HOWWEARE! Join a group of widows who have” walked the walk” and are reaching back to help others traverse the sting of death, the tears and fears that threaten to take us out! **Saturday July 27 at 5 PM PST via Zoom.** (watch your emails for the link) Step into the authority given to us by Jesus! **Here are some nuggets to hold onto until we come together as a group.**

Affirmation- the art of speaking truth into your life!

Acceptance- the act of taking/receiving what has been offered.

Assurance- the ability to know beyond a shadow of a doubt, that God is with you. Practice this daily: stand, declare and decree who we are in JESUS! GET UP!

Stand in front of a mirror and say:

God has chosen me.

1. **God is with me always, even when it does not feel like it.**
2. **With God, all things are possible.**
3. **I am fully accepted by God.**
4. **I am adopted by God into His royal family.**
5. **I am the daughter of the King.**
6. **I trust the Lord will make all things new.**
7. **I have hope and a future in the Lord.**
8. **Nothing is impossible with God.**
9. **From this moment forward say these affirmations, in front of a mirror, at least once per day until you believe them! [Borrowed from Biblical Affirmations for Courageous Faith.]**

Don’t forget to Join us Saturday July 27 to STAND, DECLARE, AND DECREE...I WILL TRUST THE LORD JESUS TO HEAL ME!

Grief Support



- **CASCADE GRIEF SUPPORT VIA ZOOM** 589-450-4195 July 27, 2024 - 4th Saturday 2:00 to 3:15 PST . Conducted by Nora Neal Daggett, Rhonda Davis & Dr. Frankie Maryland.
- **WIDOW RESOURCE MINISTRIES** Meetings are in Person
- **Water of Life Upland**, 1st Friday... Widows of Worth at Calvary Chapel Chino Hills 2nd Friday...
- **Fun & Fellowship** at Hillside Church, Rancho Cucamonga 3rd Friday Water of Life - Fontana 4th Friday - South Venue

We Need Help - Volunteer Opportunities



If you would like to be part of Cascade of Empowerment in a more tangible way, we could use your help. Call 909-635-4124 - Liz McBride or Sharon Takaha -909-921-4940 We need help as follows:

- Organization of Program for the Widows Helping Hand Project working in conjunction with Fire Fighters Relief Association.
- Assistance in planning events, fundraising,
- Assistance with mailers, meaningful articles for our bi-monthly newsletter.
- Accountant for accounting services.

4 TH ANNUAL CASCADE OF EMPOWERMENT DAY - THANK YOU

We thank God and for all of those that attended for an amazing 4th Anniversary of Cascade of Empowerment at the Red Hill Country Club. The pictures say a lot but will never replace the feeling to have been there. This event is held in conjunction with International Widows Day in June. We had record attendance. The lavender theme was sparkling throughout the venue. Delicious food, delectable dessert bar, outstanding performances by Brigette Bentley soul stirring songs, Sally Raynold impressive dance renditions and the smooth music by the Plena Vista Entertainment Group. The Annual Awards and birthday celebrations for the previous quarter were part of our day. It was nice to see our birthday celebrations stroll down the dance floor to the beautiful balloon arch. Our speaker Lori Bryant was the highlight as she spoke on the subject "Preparing to Receive" and shared her powerful story. There were tears, joy, and laughter. We received it and it was a touchdown! Thanks to our masterful, and articulate Mistress of Ceremony, Anica McKesey, and all our community support from the Rancho Chamber of Commerce, West End Real Estate Professionals and Christian Business Partners. Thanks to Chino Commercial Bank and Gary Schwary with Guaranteed Rate, Upland for being our sponsors.



