



Cascade of Empowerment

MARCH/APRIL 2024

Mark your Calendars
VISION BOARD PARTY
APRIL 27TH

A note from the
Founder's Heart
Liz McBride



1:00 to 5:00 p.m. Spring Vision Board Party and Celebration of March April Birthdays- You don't want to miss this epic party that is being planned at the Home of Colleen Johnson in San Dimas. We are planning to have a great time, preparing your Vision Boards. The renowned Venita Burleson will begin the event with meditation, allowing you time to visualize your goals to bring forth more definition. Vision Board preparation will be conducted by Carina Muir, and she will be providing the supplies. We are having a giant Party Balloon in challenging you to catch your vision..... This is a potluck event and meats will be provided by Cascade. The cost is only \$25.00. We will be sending out a breakdown of categories of food items to bring, based on your last name.

As women we often take care of others and forget to take care of ourselves including our bodies, mental and emotional health. Never allow yourself to become so weary that you become broken, which can lead to bitterness. Remember the Word says... "He heals the broken hearted and binds up their wounds", Psalms 147: 3. How can you recognize brokenness? Following are some signs or traits that you may be broken:
Defensiveness; Critical of others, judgmental, contempt - mean spirited; Negative Assumptions, the brain likes to fill in the gap when we don't have all the facts; Invalidating others and their opinions; Selfishness, only looking out for self; Keeping Score; Poor listening habits.
God will not only heal you, as you seek **His** Word but can use your brokenness as a tool to help others. You become more empathetic. **He** provides you with the strength to overcome and ultimately heal. He has given us His promises to stand on and sets a limitation of time for brokenness. **Jesus** will never leave or forsake you. Don't withdraw from opportunities to fellowship with friends and family. Seek professional help if needed. Grief can also lead to brokenness as you experience the difficulties of transitioning to your new normal. As this may be a challenging period, it has a purpose and can be used to empower others to go through this experience. **God** loves you; the joy of the Lord is our strength, and we can always count on **His** strength to get us through any situation!
Cascade of Empowerment is here for you. If you know someone who is broken, please reach out to them with love and compassion.



Please support Caring Transitions Susie Rowan and thank you Susie for your generous donation to Cascade of Empowerment. 10808 Foothill, Rancho Cucamonga, 91730, 909-815-9566

- Liz



March & April Birthdays

- Ruth Moran 3/28
- Deborah Clayton, 4/6
- Jeralyn Peterson, 4/7
- Leah Cofield, 4/9
- Marguerite Johnson, 4/13
- Liz McBride, 4/14
- Charmaine Griffin, 4/20
- Dianne Clark, 4/27
- Lorine Hall, 4/29

Many Thanks...



Outreach – thanks to all of you who donated hoodies to school children during the month of January. It was a very cold month for California, and many children did not have sweaters or coats. Hoodies were donated to Mt. Sinai Church for distribution. Thanks again Cascade. The call was made, and you did step up.



GRIEF SUPPORT SESSIONS VIA ZOOM 3rd Saturday every other month via Zoom – Next session March 16 via Zoom

March 16 , May 18, July 20 , September 21 , November 16, held via zoom under the leadership of Nora Neal Daggett, Rhonda Davis & Dr. Frankie Alson 2:00 – 3:15 PST – Please check your email for specifics if you want to be on zoom calls. Direct your request to lizmcbride101@gmail.com or 909-635-4124. These sessions are designed for new widows as well as seasoned widows who need support or want to share.

2024 Cascade Events

June

June 23rd – Annual Cascade of Empowerment Day May & June Birthdays, Red Hill Country Club, Rancho Cucamonga

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
December 14th Cascade Christmas Bliss 12 – 3:30 – Cara Mia’s Italian Restaurant

Face to Face



Article Nora Neal-Daggett – Part I

The humidity rolled in like a steam engine; it made my legs feel like I was walking through thick mud! One step, mud, second step, mud, take a breath. Whew! “Boy, it’s so hot I can hardly breathe!” Then a thought erupted in my brain. “This must have been how Wayne felt all summer... the summer of 2017 when it was so hot and humid!” The next emotion I felt was the “cool breeze” of relief; Wayne was no longer struggling to breathe. Not the customary flood of tears! Imagine that! A feeling of actual relief! One, that Wayne was not suffering through another summer praying to breathe, second, that he was not battling daily with the desire for his health to be better! There is an old re-frame that comes to mind: “Turn your eyes upon Jesus...look full in His marvelous face ... and the things of earth will grow strangely dim ... in the light of His glory and grace!” (Cont’d next page)

My grief process started with me saying "I don't know why, but I know God is sovereign!" That simple statement came straight from God! And it provided comfort and caused me to look straight into the face of God! Additionally, the song says, "look full in His glorious face!" I've said it before, and it deserves to be said again: "God and only God carried me through and to the place of healing that I now stand upon." The supernatural power of God is like the plow a farmer uses to prepare his land for planting. Row after long row you can see the clean cut of the plow. God's power is just like the plow! It cuts through the clogged weeds of my grief to bring me out of tangled emotions and puddles of tears, to a field of sweet relief... Wayne was not struggling to breathe! To that I say, "Thank you Jesus!" Have you ever stroked the face of someone you love? Maybe it was before or after a kiss. However, it occurred- as you touched their face in an act of tenderness, a warmth spread over you. I CALL IT A LOVE BURST! AND the exact feeling I have when I look into the face of God. I simply close my eyes and imagine the face of God. Try it, right now, (if you're not driving or operating heavy machinery!) There is no right or wrong way to do this. Just imagine what you think the face of God looks like. Now, note how you feel. For me, His face warms my spirit and melts away fear, anxiety, tension, and pain; everything else grows strangely dim Which means that moment shines in comparison to everything else! The truth is that when I envision that I'm looking into The Face of God there is not room for anything else. Part II - next issue

Thank you to all that attended and helped with this years Valentines Day Celebration!



Care Corner Self Care- Colleen Johnson

The Usefulness of a **Vision** Board. You may have heard about **Vision** Boards and wondered if they work and how. There are DIY templates available in many forms on the internet and people (like Oprah) promoting them. But why would pasting a bunch of pictures and words on a sheet of cardstock be of any effect? It is not the image or word selection that does anything, but the way the human mind works, and the amount of time and energy devoted to the pursuit of the vision. According to the Oxford Dictionary, the definition of **vision** is: 1. The faculty or state of being able to see, and 2. The ability to think about or plan the future with imagination or wisdom. Every construction begins with a construct; a concept or idea formed in the mind. God has given mankind the ability to imagine a thing and the reasoning (and often the divine guidance and assistance) to bring the thing into fruition. The first step is to determine the "what" of your **vision**. What is it that you want or need? It is only when you have a clear understanding of this that you can begin your journey of focus and achievement. Then comes the building of the board itself, followed by its use. There is scientific evidence that supports the claims behind **vision** boards. Neuroscientist, former psychiatric doctor and senior lecturer at MIT Sloan, Dr. Tara Swart explains, "Looking at images on a **vision** board primes the brain to grasp opportunities that may otherwise have gone unnoticed. That's because the brain has a process called 'value-tagging' which imprints important things onto your subconscious and filters out unnecessary information. The brain assigns a higher 'value' to images than written words on a 'to-do' list. The more you look at those images, the more those images move up in importance." Swart notes that a **vision** board can help you move toward your goal more easily. She states, "Normally, when you try something new, the body has a stress response, releasing cortisol and adrenaline. In other words, new things can be scary. However, when you repeatedly look at images related to your goals, your brain no longer sees them as new. The process reduces the (physiological) fear response to any new situation or person, making you more likely to take healthy risks, collaborate and embrace opportunity. "It is also thought that looking at your board right before going to sleep at night may imprint the images further. The brain is more impressionable at this time so your focus on your "**vision**" then will more likely allow it to carry into your dreams and thoughts. If you are interested in learning more and want to try your hand at a guided **Vision** Board session (including construction materials) please join us in April. It will be a potluck luncheon and session hosted at the home of board member Colleen Johnson. The cost is \$25 and sign-ups will be posted on our website: cascadeofempowerment.org. Space is limited, so secure your place as soon as possible.

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