

Reach UP



The Magazine to Empower and Enrich Today's Woman

Summer 2013



Faith
God May Be Invisible, But Not Silent

Lifestyle
Tell Them Who You Are / Resumé

NOTES

In between working on *Reach UP* and writing this editorial, I've been packing to move across the country. It's a big chore, but one of my delights has been to rediscover cards and notes written by friends and family tucked away in drawers and files. Love notes. Thank you notes. Daddy notes. Mommy notes. Kid notes.

Some are written on post-its, some on scraps of paper, others on stationery and cards. And now they are little reminders of love and appreciation.

My mom started me out writing thank you notes when I was a little girl. I was taught that if someone took the time to buy me a Christmas or birthday gift, they always deserved a note, even from a seven-year-old.

It's a good habit to keep and to teach.

Why not start the tradition with your friends and family and write a note to someone? Notes don't only have to be to express thanks. Sometimes people just need a note of encouragement, don't they? The fun part is deciding where to hide it for the best element of surprise! Lunch sacks and pillows are good places to tuck your notes in. Is your child going to camp? A note from you in their belongings will bring a smile.

You can also write notes in your working life. In this issue we talk about writing your resumé. Writing a note of thanks to the person who interviewed you makes you stand out from the rest of the job-seekers. It might just make the difference of being hired or not.

Look for ways to make people feel special by writing notes. And you are special, so I'll end this editorial with a note to you...

You make my day. When I hear how much you like Reach UP and the articles, I just want to shout and dance and boast about how wonderful you are.

My love and prayers,

Crystal Wacker

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Editor-in-Chief	Crystal Wacker
Writing Editor	Christina Williams
Spanish Translation	Jodi-Kay Akers
Spanish Editor	Mona Ré Shields
Portuguese Translation	Jennifer Da Silva
Portuguese Editor	Ana Rodrigues
Contributing Authors	Cherlene Adewunme
	JoAnne Butler
	Victor Velez
	Crystal Wacker
Graphic Artist	Robert Gibson
Photos	iStock Photos

GOD may be INVISIBLE

But He's not silent

by Idys Serrano

“ Nobody knew what I was going through and praying about. But here was this lady standing at the door telling me what only God knew.... ”

I am a single mother. And like you, no doubt, I've been through a few things in life. I don't understand how single moms who don't know God handle life. It's not easy. But even if you're not in my exact situation, I think you will be encouraged by my story.

Not a day goes by that I don't thank God that He knows me by name and knows everything about me. There are many ways to describe who God is to me, but for now I'll just say He has been my hope, He's provided for me, and most important, God has been my peace.

My son was three when I became a single mom. Since then, the Lord has allowed different events to take place on my journey. Not everything has been wonderful and exciting. During that time I

lost my job and my home, went through some serious health issues, and faced loneliness. But, I have also become an overcomer!

To be sure, there were times when I wasn't sure if we were going to make it. But I have learned more about God and His wisdom. And because of those lessons, I've been able to help others.

When this all started, I had just begun this life of being a Christian. And I was having a hard time trusting in a God who I could not see or hear.

Although I needed help, I knew the people who surrounded me were not the answer. Like me, most of the single mothers I knew were also struggling in the same areas I was -- emotionally, financially, you name it. We could trade

stories, but we were all confused as to what the solutions were. With confusion comes mistakes -- mistakes that I knew I did not want for my son's life or mine.

I will never forget one of the first times that I experienced the supernatural power of God in my life. Though it was over twenty years ago, it feels as if it were yesterday.

About a year after my divorce, I lost my job of nine years. My son's father was nowhere in sight, and I was receiving no child support. My only immediate family was one sister who was having a difficult time of her own. So I felt all alone and unsure of my future and my son's future.

Truth be told, I started to doubt that things would ever get better because I couldn't see any hope. I even began to question my ability to raise my own son. I didn't want him to be a statistic and fall into the wrong path because of the



God Hears YOU!
You Can Hear God!

bad decisions I made. Like any mother, I wanted the best for him and I needed to believe that was possible.

So one morning I was talking to God about all this. If you could have peeked in my window, you would have seen me wailing and crying my heart out to Him. I told the Lord about my fears and my anxiety. I was asking Him for a word of reassurance.

While I was praying for what seemed to be a long time, I heard a knock on my door. It startled me because I didn't expect anyone, especially at that time of the morning.

Cautiously, I opened the door and was surprised to see a lady from my church. We weren't close, so I had no idea why she might be visiting. After all, no one knew anything about what was going on in my life because I never talked about it. I stood there with my red-rimmed eyes, staring at her standing there, until finally I asked her to come in.

Trying to be polite, I asked her if there was something that I could do for her. She stood there with a smile, but with a strange look on her face.

She said, "I apologize for coming uninvited, but as I was praying this morning, the Lord placed you in my heart. All I could see was you crying and talking to the Lord. I asked the Lord how I should pray for you. And what I heard was that I was to come and tell you, 'You and your son are not alone. I will never leave you or forsake you.'"

At that point she went on to quote a particular scripture (Exodus 13:1-2) "*Then the LORD said to Moses, 'Dedicate to me every firstborn ...they belong to Me.'*"

Being pretty new to all this, I asked her what this meant. She reassured me that my son would be okay, that he belonged to God, and His promises were trustworthy.

She then gave me a strong and warm hug, and I felt so safe in that embrace. I started to cry again, but this time my tears were of joy and hope that tomorrow would be okay.

That's when God became so real to me. He sent someone to minister to me at my time of need. God knew that I needed a flesh-and-blood person to encourage me. He knew there was no way I could explain it away, or think it

was my imagination or my mind telling me what I wanted to hear.

Only my amazing God would send someone I hardly knew to share with me exactly what I needed to know and hear.

After this miracle, my prayer life started to change. I actually started to pray expecting and believing God to do the impossible.

That wasn't the last time I poured out my heart to God. Not at all. Life has its share of ups and downs -- but the difference is that I expect God to do miraculous things.

I expect it because I've experienced how God has provided for me financially. I expect it because He has helped me emotionally. Truth is, I'm alive today because he healed me physically.

Is it any wonder that spiritually I have grown? God has been with me in the good times and the bad. He has NEVER ever deserted me. He heard the cry of a very scared young woman.

I don't know you by name, but God does. You are in my prayers and on His heart. I know He hears you. Will you listen to His calm voice of reassurance?

Verses to hold onto. Cut them out, copy them, memorize them, but always believe them as God's truth to you.

Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you.

Isaiah 41:10 The MSG

I know the plans I have for you, declares the Lord. They are plans for peace not disaster; plans to give you a future filled with hope.

Jeremiah 29:11 NWT

Faith assures us of things we expect and convinces us of the existence of things we cannot see.

Hebrews 11:1 NWT

GO Ahead!

PROFESSIONAL RESUME



Tell Them Who You Are

by Cherlene Adewunmi

The Rewards of Establishing a Resume

Everybody needs a resumé -- even the person reading this saying, "Not me!" No matter what you've dealt with in life, whether you think you have skills for a good job or very little work experience, you need a resumé. It's not just for a chosen few.

Here are some tools to get you on your way.

First, let us establish the reason that everyone needs a resumé.

No one knows where they are going to be in the next five, ten years, or beyond that. What we do today has a great impact on our future.

A resumé is a tool that helps you determine **where you want to go** instead of just flowing with whatever life throws your way.

A resumé is also a picture of your past that helps (if done right) guide your future. You can paint a pretty picture of your past with words, and use it to map out your future. So, let's get started telling them about you!

As an example of our life story, we will use a grocery store bagger.

Our bagger, "Darina," started at a grocery store at the age of 20. She did not go to college and she didn't finish high school. She is trying to get her GED during evening hours at the local high school and is a single mother of two children.

Darina became a bagger at the grocery store to meet the welfare requirement. She needed to work 20 hours a week to keep her food stamps and cash assistance. So, does this look like a bad picture?

Maybe to some people it does. But there is a beautiful future waiting for this bagger, and a beautiful future waiting for anyone who will apply the following tools to her own life.



Keep track of the work you do.

Darina can add skills such as these to her resumé:

- Customer Service
- Greeting
- Follow-up
- Team Player

If she shows up on time and performs her job duties as required, she can add to her qualifications:

- Great Time Management
- Attention to Detail



Keep track of the details of where you worked.

No matter how many jobs you had, keep track of the name of the company, the telephone number, the time period you worked there, the name of your immediate supervisor, and the duties you performed along with the skills you learned.



Keep on track for your future.

Don't complain when given more duties with no additional pay. Take on the new duties and add these new skills to your resumé.

Because you are now a forward thinker, you are no longer concerned with how much you are paid. Instead you welcome the new duties because it puts you in a greater position for a successful future. No one can take away what you know. And the more you know,

the better chances you have of securing a job you want.

Don't job hop because this tells potential employers that you can't be relied upon. If the job gets tough, hang in there and stay for a year or longer, if possible. Remember, your circumstances don't determine your future – you do.



Volunteer.

Sometimes the job market can be tough, but this isn't a reason to sit on the sidelines. If you are not working, volunteer!

When a job becomes available and potential employers look at your resumé, they will not see a huge gap of unemployment. They will see that you were actively involved in your community. Plus you can add the skills received when volunteering to your resumé.

Volunteering is a great way to show that you are a Team Player. Your local church is a good place to start volunteering. It's possible that you can greet, serve in the daycare, help prepare food, clean, or just be available when needed.



Take a Class.

Your local library is a good place to take a small course. Get the experience -- it's free! The library sponsors several classes, including computer and business classes.

In our life story, Darina, our grocery store bagger, has been taking a course on Career Building. She is excited about her new outlook on life. While attending the class, her children go to a reading group that is also sponsored by the library. By taking just one action, our store bagger is changing the future mindsets of her entire family.

Take a visit to your local library this week and discover what is available for you there.

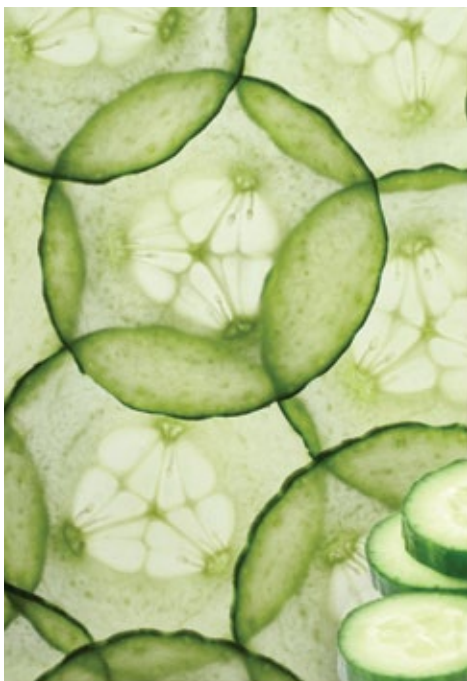
When writing your resumé, use the "Combination Resumé Format." If you have internet, do a Google search for "Combination Resume Format" to see examples of how to put your resumé together. (Otherwise, a librarian can help you see an example.) This style of resumé focuses on your skills and experiences, which means you are not limited by your education.

A year after we looked in on Darina, she is working as a Customer Representative for a major company. She is no longer on welfare, and is excited about the next chapter of her life. She took the steps needed to move forward.

So go ahead. Tell them who you are. Begin your life story today by creating your resumé. Keep it updated. From time to time, research jobs online on websites such as www.hotjobs.com and www.monsterjobs.com where you can send your resume to future employers.

Wherever you submit an application, include your resumé, and you will stand out from the crowd.

Your rewarding future awaits!



Meet the diet-worthy, healthy CUCUMBER!



Cucumbers are found in cultures all over the world, and they're oh-so good for you!

Here are two great recipes using cucumbers to try this summer. Experiment with the variations too! Cukes are inexpensive and healthy too!

Sour Cream Cucumber Salad

- 3 Medium **Cucumbers** peeled & thinly sliced
- 1/2 teaspoon (tsp) **Salt**
- 1/2 cup **Green Onions** finely chopped
- 1 tablespoon (Tbsp) **White Vinegar**
- Dash white **Pepper** (regular pepper is fine)
- 1/4 cup of Light **Sour Cream**

Directions: Sprinkle the cucumber with salt and let stand for 15 minutes. Drain liquid. Add onions, vinegar and pepper. Just before serving stir in sour cream.

Variation: Don't use sour cream; replace white vinegar with red wine vinegar.



Cucumbers come to the aid of Puffy Eyes or Sunburned Skin

- Slice cucumber and put on your eyes while you doze for a few minutes.
- Apply cucumber juice to the sunburned skin for soothing and healing.

Israeli Salad

You can travel to the land of Israel without leaving your home. Make this salad and serve it for breakfast. Yes, you read right. This salad is eaten at breakfast along with cheese, nuts, and crackers. So healthy! If you're not feeling adventurous, then serve it at lunch or dinner.

3 medium **cucumbers** (English cucumbers are smaller) if using large cucumbers, only one is needed

2 large **tomatoes**

Dressing:
2 Tbsp **Olive oil**
Lemon juice of at least one lemon
Salt & Pepper to taste

Directions:
1. Vegetables should be room temperature. Finely chop the cucumbers and tomatoes. Peeling the

small cucumbers is optional. (Be sure to wash skin thoroughly if left unpeeled.)

2. Combine them in a large bowl, adding **ANY optional ingredients** below.

3. Right before serving, toss with olive oil, then add the lemon juice & spices.

Optional ingredients:
1 green or red pepper; Feta (goat) cheese crumbles; sunflower seeds; 2 Tbsp of chopped cilantro, or fresh mint, or parsley; 1/4 cup of carrot, peeled & finely sliced; 1/4 cup of red onion

SO YOUR KID IS GOING TO CAMP

by Victor Velez

School is out for the summer, and for many kids, camp is right around the corner. It is time to prepare for a wonderful summer full of fun, new friends, and exciting experiences. Whether this is your child's first time at camp or not, preparation is important for a positive camp experience.

As a Summer Camp director for several years, I can let you in on some secrets to help prepare your child for camp.

Sometimes in all the emotions, fears, and rushing around, parents forget some of the most basic things, like ... underwear! Imagine your child realizing that the only pair of underwear is what he's wearing! Not a good start to what can be a really long week!

So here are some tips that will help you make your child's camp experience a great one.

For every day your child is away, plan one outfit if at all possible. If you don't have enough, you can get things cheap at a thrift store, or you can borrow them. **A checklist is provided for you at right.**

Check items off as you pack. Your child will probably lose a couple of personal items. Please don't hassle your child about this -- it happens. The important thing is that she was good

and had a great time. But to help her keep her items, put her name or initials on all clothing with a laundry marker.

Have your child help you pack, so that he knows what is in his bag/suitcase. Also, a great idea is to include a plastic bag or laundry bag for wet or dirty clothing.

Your child may want to pack a favorite picture or stuffed animal as a reminder of home, along with some stamped envelopes or pre-addressed postcards to write you a note!

Make sure your child can manage basic personal hygiene such as brushing teeth, changing clothes, and bathing.

Packing Checklist

- shirts/blouses _____
- pants _____
- socks _____
- underwear (1 or 2 per day) _____
- jacket (1)
- bathing suit (1)
- towel & washcloth
- toothbrush
- toothpaste
- comb
- soap

NOW WHAT?



Bed-wetting should not prevent a child from attending camp; however, the camp staff needs to be made aware of the issue. This way they can make arrangements and ensure that your child is taken care of without feeling embarrassed.

It is important to write your child a couple of letters or even emails. "Mail Call" is a pretty big event at camp and kids love to receive mail from home. Pack a surprise letter

telling your child you love and miss him.

Care packages can be the highlight of your child's day when at camp, but think smart when putting one together.

Check with the camp regarding guidelines on food because many camps don't allow it. If you do

send food, make sure there's enough to share with everyone in your child's cabin.

Be realistic. Like the rest of life, camp will probably have its high and low points. Make sure your child does not feel pressured to succeed at camp. And remind your child that the main purpose of camp is to relax and have fun.

But as the camp director, my last plea -- Don't forget the underwear!



Given to you by:



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