

HOURS:  
MON ,TUES ,THURS  
11AM-2PM;  
WED 1PM-4PM

IMPACTING THE  
COMMUNITY ONE  
LIFE AT A TIME.

**SPECIAL  
POINTS OF  
INTERESTS  
AS WE  
CELE-  
BRATE**

- **Our stories**
- **Milestones**
- **Volunteers**
- **Fast Facts**

**GUEST  
WRITERS**

- **Rev. Eric Weaver on Suicide Awareness**
- **Alona Redden on the road to serving in Ecuador**

# Crosswinds Downtown

BY LYNNE MCHENRY

APRIL 2009

## Happy 5th Anniversary!

In April, Crosswinds Downtown celebrated its 5th Anniversary! Thanks be to God for blessing this outreach ministry so richly!

Over the last 5 years, we have served 1900 households for over 8500 visits. That's 8500 times we have been a witness, that's 8500 seeds we've planted.

### THE STORIES

But what's more important than the numbers are the stories. We've walked alongside clients through their struggles and difficult times. "Jessica's Story" is the one that strikes me the most as this beautiful young woman gave birth to her baby Dominic who only lived a few months. It was every parent's nightmare, but through the walk she found the hope of Christ. Marlene was with her through this time and the two of them formed a bond that will last a lifetime.

I remember Howie, a Vietnam vet who struggled with mental illness and alcohol addiction and died over the 4th of July weekend a few years back. Howie struggled so much and he chose to be homeless, even though he had options. I was distraught as Howie seemed far from God the last time I saw him, but Jack Connell reminded me that God is very loving and compassionate and He loved Howie very

much too.

And, then there was Jerry who was on his deathbed. He sent a messenger to us to tell us that he would "meet us on the other side of heaven".

Recently, when one of our clients collapsed at Gleaners Kitchen, many of his friends came to Crosswinds Downtown immediately and asked us to pray.

And the stories continue. God has blessed us and touched each one of us in this wonderful adventure of Crosswinds Downtown.

### MILESTONES

When Crosswinds Downtown opened in April 2004, its ministries included a food pantry, pregnancy resource center, parenting classes for raising babies, baby boutique, lending library, and 'Rebuild the Walls of Hope' back-to-work program. Over the next year, we faced many challenges including more food clients than expected, less pregnancy tests than anticipated, limited space,



# Happy 5th Anniversary (cont'd)



Liz Logan before heading to Australia

and little enrollment in 'Rebuilding the Walls of Hope'.

In the Fall of 2005, CareNet National recommended we split the pregnancy center ministry from the Food Pantry. It was physically impossible to do at that time, but God opened other doors.

In the spring of 2006, we moved and opened for business at 120 N. Main Street. The new location allowed us to physically separate the ministries with more space, at the same price. Within months, other faith-based organizations moved to 120 N. Main as well.

We expanded the Parenting Classes to include programs for raising toddlers and then up to pre-teens. We discontinued 'Rebuilding the Walls of Hope'. Those clients that did participate found jobs before the 13 week class was completed — that was cool!

In the fall of 2006, we started a CareNet board to facilitate its launch. It was a season of many personal spiritual attacks. God prevailed and in February 2007, CareNet was launched as a separate non-profit organization. Jeannette Shoemaker was hired as the director, and she's been off and running ever since.

Meanwhile, we've been continuing to refine our core ministries in the food pantry, parenting programs, baby boutique, and lending library. A few years ago we added a weekly Bible Study led by Pete Hurlbutt, and it's been going strong ever since.

Thank you God for blessing Crosswinds Downtown and we pray we're serving you well.

## 5 YEAR VOLUNTEERS

And, thank you to the following volunteers that have served at Crosswinds Downtown for the last 5

years:

- Tammy Clarke
- Pete and Grace Hurlbutt
- Glenn and Marlene Mead
- Bill Mosich
- Alona Redden
- Yvonne Wilkinson

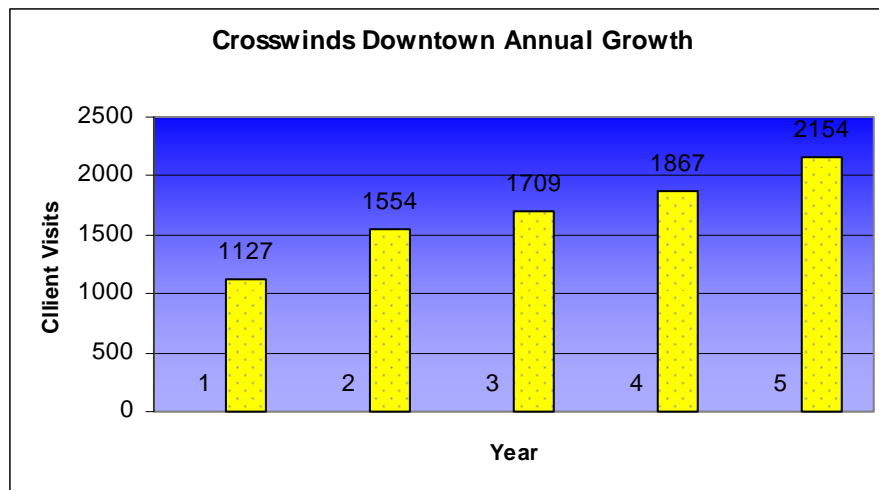
**We hold you in high regard!**

## FAST FACTS

- This year, we've averaged 180 clients a month, and our highest month was October 2008 with 231 clients.
- We have around 19 volunteers a month serving at the center and 19 shoppers and 'pick-up' volunteers (who pick food up from church or Tops) too. We also have various volunteers who are willing to help with food drives, too!
- Volunteers serving at the center clock in about 150 hours a month.
- The first hour of our day is usually our busiest time.
- We gave away around 250 Bibles this year.



Tammy and Lynne 2005



# Overcoming the Darkness



Suicide. This is certainly not a word that people like to hear and certainly not one that most people want to talk about. However, the unfortunate fact remains that in the United States approximately 32,000 people take their lives each year and hundreds of thousands of people attempt to do so. This means that a person dies by suicide about every 18 minutes in the U.S., and an attempt is estimated to be made once every minute.

Suicide knows no boundaries and anyone, regardless of age, race, gender, social status, or religion, can be at risk for suicide. Many people at some time in their lives will think about committing suicide; however most decide to live because they eventually come to realize that the crisis they may be facing is temporary and that death is permanent. On other hand, people having a crisis often perceive their problem or situation as inescapable and feel an utter loss of control. Although there are many warning signs of suicide, each of us must take ANY mention of death, suicide, hopelessness, helplessness, or worthlessness seriously.

Though we may wish that those with thoughts of suicide would share their feelings with someone, there are unfortunately many reasons why people with thoughts of suicide fail to seek

help. Many who need help are afraid of what people might say, are embarrassed or ashamed of how they are feeling, refuse to admit they are struggling, or feel that their situation is hopeless and beyond help.

In my years of working with individuals who are struggling in this way, I have found that one of the top reasons why people struggle with depression and thoughts of suicide is their overwhelming sense of being worthless and of no value, as well as having a deep sense of hopelessness. If you have ever felt this way at some point in your life or if you are currently dealing with these kinds of feelings and thoughts, please know that just because you may 'feel' worthless or hopeless does not make it true. Our feelings often deceive us, and we can fall victim to them and allow our negative thoughts and feelings to rule our actions and behaviors.

In order to not be deceived by our negative thoughts and feelings of worthlessness and hopelessness, we must begin to learn and understand what the truth about us is. The greatest way that we can truly know the truth about us is to hear and know what God says about us, since after all, He created us. The Bible tells us that we are created in His image, that He knew each

of us since before the beginning of time, and that He loves us so much that He sacrificed His only Son, Jesus Christ, in order to forgive us of our sins so that we can spend eternity with Him when we place our faith in Him! That makes you and me pretty valuable in God's eyes. That also means that every person that you and I come in contact with everyday has the same value.

Despite how we may feel at any given time, we must hold onto the truth that we are desperately loved by the Creator of the universe, and that He has a special plan for each of us. God tells us in Jeremiah 29:11; *For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope."* When you read that verse, insert your own name in place of 'you.' Our God is a God of love, hope, grace, and mercy. When thoughts of loneliness and desperation attack us, we can often dismiss what God tells us in this verse. But please know that God's plans for you, whether you understand them or not, are always meant to bring you closer to Him and to give you a hope for the future. That is a truth that we can be assured of.

More suicides happen in April than any other month

— Rev. Eric Weaver

# Crosswinds DOWNTOWN

- **Hours:**
- **Mon ,Tues ,Thurs 11am-2pm;**
- **Wed 1pm-4pm**

Impacting the Community one life at a time.

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**“Sharing the love of Jesus through tangible acts of service that lead to the transformation of hearts by serving those in need”**

Since we opened our doors in 2004, we've reached over 1900 households in this community with 8500 visits. On average, we serve about 200 families a month. On each visit, we have clients pick 10 non-perishable and paper products from a list of available items. That's over 65,000 items we've given to those in need. Thank you to all those who contribute to and volunteer at Crosswinds Downtown!



## On the Road to Serving...

After making my third trip to Ecuador with the Crosswinds team, Lynne asked me to write about it. It is an easy thing for me to talk about it excitedly and passionately, but quite another to write about my experiences. But being reminded of our Crosswinds mission to love God, serve others, and lead others into a growing relationship with Jesus Christ, I find that that is exactly what we do in Ecuador. Our team of 20 left on March 21st. with half of us as 'newbies' and half as 'old-timers'. Even those who made their 6th or 7th trip eagerly anticipated arrival in Quito (the capital) and journeying on to Pifo, where we work and connect with friends, then going on to Papallacta, where we stay. Our mission trips are filled with relationships with young people, their parents in some cases, the church members and



the Ecuadorian co-workers. We accomplish a lot when working on projects; presenting VBS (Vacation Bible School), doing crafts,

games and puppet shows about Bible stories; and taking on anything that comes up. We can always expect the unexpected when working with Pastor Ramiro Baez! Anyone who goes to Ecuador comes back with their share of stories. Here is one of mine.

Everyone was very protective this year because of my accident last year breaking my ankle, from fellow team members to the children and the workers. Even the hotel people, where the accident happened, remembered me from last year! My most memorable story is from the mission school Sea La Luz in El Tambo in the mountains near where we lived. We have an ongoing relationship there too with the Injerds, a missionary couple who have visited Crosswinds. Last year I decided to sponsor a little girl who has a deformed arm and a vision problem, but she has a heart for God and is a very good math student. I brought her a Spanish ver-

sion of the children's Bible that we use in the K-5 program at church. She very quietly accepted my gifts. Two days later when we stopped at the school bus stop to deliver some items to the Injerds she gave me two beautiful roses from her mother's garden and a note that Kjersti, the Injerd's daughter, had translated. She thanked me for the Bible and said that she had read it to her father that night. Her father said he wanted her to read from it every night to him, her mother, and her brother. Sharman Injerd then reported later that the whole family had come to church the following week and that was a first! Praise the Lord! Loving God, loving people and serving - that's what it's all about whether it's here at home, at Crosswinds Downtown, in Ecuador or anywhere we are. It's all about Christ, living as He did, serving our loving God as we serve others. — Alona Redden