

Crosswinds Downtown

BY LYNNE MCHENRY

EDITED BY VICKIE GARDNER

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

IMPACTING THE
COMMUNITY ONE
LIFE AT A TIME.

SPECIAL POINTS OF INTERESTS

- Crosswinds Community Meals
- Catholic Charities
- God Stories
- Laughter
- Care Net Walk results
- Prayer Requests

Change of Leadership

On July 23rd, Pastor Eric Weaver will end his time on staff at Crosswinds Wesleyan Church (CWC). Eric began to volunteer at CWC in Men's Ministry in 2003 and became the Men's Ministry Director in 2004. He came on staff at Crosswinds in September 2005 just prior to retiring from Rochester Police Department. While on staff, Eric has served as the Caring Ministries Pastor, Executive Pastor, and most recently as the Counseling/On-Call pastor. Through these many years, Eric has continued to answer God's call in regards to ministering to those suffering with the challenges of mental illness and their families, as well as those who are struggling with the issues of suicide. Eric has now felt the call to serve God full time in this difficult and often complex issue that touches the lives of so many throughout the world. The reason is clear—he is passionate about helping those who are struggling with mental illness and has been recently certified as a 'Master Trainer' by LivingWorks (an international suicide prevention organization) in suicide prevention and intervention. Over the past few years, Eric has been helping not only those at CWC, but many others throughout our community, county, and state.

"It is my vision to reduce stigma, increase understanding surrounding the many challenges of mental health related issues and behaviors, create a culture that openly discusses the topic of mental illness as well as suicide and suicide related behaviors, and above all proclaim that there is hope and that a level of recovery is available to everyone, so that individuals and families will no longer need to suffer in silence"

This career move to resign from his posi-

tion at CWC, where he has enjoyed serving for many years, gives Eric the time to pursue his vision and God's direction by offering the services:

- Seminars, classes, and trainings with a Christian and Biblical perspective on the issues of mental health, mental illness, and suicide awareness, prevention, and intervention for Pastors, ministry leaders, church volunteers and congregations
- Suicide Awareness and Prevention in schools and communities (SafeTALK, ASIST, etc)
- Consultation with and courses for Law Enforcement Agencies and Emergency Services in regards to responding to those with a mental illness and suicidal behaviors, as well as seminars and classes for members of law enforcement and their families.
- A variety of other trainings, seminars, classes, etc. for schools, hospitals, mental health agencies, and other community organizations to include safety training, communication skills, cumulative stress, and recovery.

Many of the Crosswinds Downtown and Celebrate Recovery volunteers have taken SafeTALK, (Suicide Alertness for Everyone), which prepares anyone to identify persons with thoughts of suicide and connect them to suicide first aid resources. On occasion, we have been concerned for some of our clients and weren't sure how to help them. As safeTALK-trained suicide alert helpers, many of our volunteers have been able to work with clients to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;



Crosswinds Community Meals—May/June

On May 23rd, Crosswinds Community Meals had another successful event. Held at the Fire Hall, many came and enjoyed tacos and sundaes. The June Crosswinds Community Meal was scheduled for June 27th at Jefferson Park. Unfortunately, it didn't happen due a delay in receiving

the Health permit (though no fault of Crosswinds).

Rossi, are doing a great job in coordinating all aspects of the meals. The food continues to be excellent and volunteerism is fantastic.

From a financial perspective, both Crosswinds Downtown and Crosswinds Community Meals are sharing the same budget and spending procedures, making it much easier to track and purchase food and supplies. The donations received to fund the meals continue to cover meal costs. In addition, Kings Catering has made the commitment to donate one carton

each of Zweigel Hot Dogs and Hamburgers-for each meal !

Between Crosswinds Downtown, Celebrate Recovery, and Crosswinds Community Meals, we see many of the same faces. They are so excited to see us and share their stories. We also have an opportunity to pray with anyone wanting prayer at all of these ministries and many from the community are happy to share their hearts and prayer requests!

May was tacos and make your own sundaes!



The Crosswinds Community Meals (CCM) team, being led by Daryl and Anne

Change of Leadership (continued)

- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

As Ministry Leaders, Betty Ryan and I have also taken Applied Suicide Intervention Skills Training (ASIST) with leadership from the community, other churches, and the Canandaigua School District. Eric has trained many of us to provide suicide first aid interventions and we are better able to:

- identify people who have thoughts of suicide;
- understand how your beliefs and attitudes can affect suicide interventions;
- seek a shared understanding of the reasons for thoughts of suicide and the reasons for living;
- review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time; follow up on all safety commitments, accessing further help as needed.

In the last several weeks, Eric presented his

Christian based seminar for various churches including CWC, where he discussed openly, honestly, and frankly how his life was riddled with personal struggles and trials, as well as severe battles with stress, depression, self-destructive and suicidal behavior. He puts over 24 years of professional and personal experience into all of his dynamic presentations, and provides a real-life, 'no-nonsense' approach to the issues of mental health, mental illness, symptoms of stress and depression, stigmas, communication skills, recovery, suicide awareness and prevention.

In the days ahead, Eric will continue his ministry outside of the walls of CWC in whatever capacity God calls him, whether at a church, a school, or police department, and will continue to share his experiences and offer a message of hope and recovery through the transforming grace of Jesus Christ. We would like to thank Eric for his leadership overseeing Crosswinds Downtown, Crosswinds Community Meals, Celebrate Recovery and many of the day to day operations of Crosswinds over the past several years. Eric, we hold you in high Regard!

I WILL MISS YOU

After much prayer and fasting, I have decided to resign my position as the Director of Crosswinds Downtown and continue to work with Rev. Eric Weaver in his training and consulting business "Overcoming The Darkness" (See cover story).

When Eric and I started this side business 18 months ago, I knew Eric had a unique gift for teaching and preaching, and his transparency and experiences in the areas of mental illness and suicide are inspiring to many. I'm not one for public speaking, but Eric asked me to utilize my project management, IT, administrative and organizational background with him to achieve his ministry and business objective. (As I put it, he's the talent and I'm the brains.)

But, we also both loved our individual ministries at Crosswinds, so we, along with our spouses, Valerie and Mark, prayed for clarity and God has given it to us.

I want to thank you all for all your love, encouragement, and fellowship over the last 6 years! God has used us all to accomplish much for the kingdom. Praise God that together, we:

- *Redefined the ministry and separated the Pregnancy Resource Center from the Parenting programs, establishing the ecumenical Care Net*

- *Moved locations gaining more space at the same price*
- *Helped to establish Canandaigua Churches in Action*
- *Worked with the community to help those in need*



And, God has blessed Crosswinds Downtown. He has provided for this ministry with volunteers and provisions. At the time of this writing, we have a full volunteer base along with volunteers that substitute when needed. In addition to full food cupboards, there is approximately \$9,000 in cash and gift cards available for food through many generous Crosswinds Downtown supporters. Thank you for your ongoing support!

But, most of all, I believe the most Christ-like attribute of Crosswinds Downtown is we have loved well! We have loved the downtrodden, we have loved the lost, and we have loved each other. Thank you for being with me and my family through the good times and the hard times. You have been with me and my mom as she came to know Jesus and then went to be with him last year. I am eternally grateful.

I will miss you.

Love, Lynne

God Stories to Share

By Vickie Gardner

Early in March of this year, a woman came in for her first visit to the food pantry. Lisa Kendall, the volunteer who served this client, was previously acquainted with her – had actually led this woman (the mother of a friend) to the Lord a year ago – and during the course of their conversation found out that she was scheduled to have cancer surgery at the end of March; cancer was present throughout her body, which was filled with fluid. Lisa offered to pray for her and asked Pete and Lynne to join them; they anointed her with oil and prayed for her. Within a couple of weeks, we found out that the surgery was cancelled due to the reduction of fluid, and by the end of May, when this woman went in for a regular check-up, the doctors could find no sign of cancer in her at all! The doctors are dumbfounded, but we are praising God!



Other clients of ours (a couple, unmarried, with children) who have regularly received help from the food pantry as well as parenting classes over the last 5 years, were recently on the verge of separating. In an effort to save their relationship, they began attending Celebrate Recovery, which led to attending weekend services, which led to the young woman attending one of the women's Bible studies at Crosswinds. Two weeks ago, this young woman came in just beaming, telling us that she and her boyfriend are getting married in August! She openly testified that it was God's working through Crosswinds Downtown, Celebrate Recovery and Crosswinds' ministries that brought them to this miraculous point today! She continues to bring new clients to us, each time sharing excitedly with us her plans for the long-awaited wedding!

Down the hall from Crosswinds Downtown in Room 40 is Catholic Charities. I had the pleasure of meeting with Jean Ann Kuryla, Case Worker, to understand their services.

Their mission is to help people in need, especially children and families at risk, and to advocate for social justice.

They offer the following Services:

- Help with Food, Rent, Utilities (current), Prescriptions, Gas Vouchers and Bus Tokens
- Resource Coordinator for Eligibility for Health Care
- CASA—Court Appointed Advocate for Children
- Advocate for Prison Re-entry to Community
- Information on Healthy Families Ontario
- Information regarding 60 min/month cell phones for food stamp recipients

Catholic Charities is open on Monday, Tuesday, Wednesday and Friday from 8:30am—4:30pm.

For more information, call 924-0190

SINCE WE OPENED OUR DOORS IN 2004, WE'VE REACHED OVER 2,308 HOUSEHOLDS IN THIS COMMUNITY WITH 11,110 VISITS. WE SERVE UP TO 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 110,000 ITEMS WE'VE GIVEN TO THOSE IN NEED. THANK YOU TO ALL THOSE WHO CONTRIBUTE TO AND VOLUNTEER AT CROSSWINDS DOWNTOWN!

Crosswinds
DOWNTOWN

Prayer Requests/Praises

- Praise God for the healing of Lisa Lincoln.
- Praise God for the healing in Janet Schucraft's back. Please continue to pray for her as she continues to care for herself and her extended family.
- Praise God that He provides for Crosswinds Downtown and Care Net.
- Pray for those who need encouragement.
- Pray for the healing of Deanne's shoulder (a volunteer who had surgery on 7/1).
- Praise God Hutch found his hearing aid in the trash can after we asked God for His help.

Thank you to the Dollar General for holding a food drive for Crosswinds Downtown. It was initiated and coordinated by one of our clients who was touched by this ministry.

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