



IN THE spotlight

Shine Girl Shine!

Issue II

Spring 2009

Newsletter Published By
Going My Way
P.O. Box 1844
West Covina, Ca 91793

Notable and Quotable

If you think you're too small to have an impact, try going to bed with a mosquito.

Anita Roddick

Home Tip

Cleaning carpet stains is more than a chore, so, here's a tip to help make it easier. Sprinkle a greasy stain with baking soda, cornstarch, cornmeal, or talcum powder. Leave on at least 6 hours and then vacuum.

Going My Way Calendar

- **Alumni Gathering:** A time for past workshop participants to come together and have a good time. Apr. 2009
- **Count Me In!** An engaging talk session covering topics that matter. May 2009
- **Dating ~ The Ultimate Experience:** A workshop for single women. May 2009

Visit our website for more information.

www.goingmw.com

Sign-up to be on our mailing list.

What Our Mistakes Teach Us

By: Mary Hunt

Have you made any mistakes lately? Want to talk about them? Most people don't. It's embarrassing. And when the mistake was particularly dumb, well that's something you hope to never think about again. And that's a mistake. Mistakes are useful because they teach us what doesn't work. But making the same mistake over and over again while expecting different results - that's the definition of insanity. I've accumulated a list of mistakes over many years. Each one is like a trophy now, something that I do not have to do again because I've proven it doesn't work. Here's a quick list of mine that I hope you'll learn from.

It Doesn't Work to Be in a Supermarket Without a Plan

Walking into the grocery store without a plan (that includes a written list, coupons, and cash) is a terrible blunder. I know me.

Without my "crutches," I am a \$200 miscalculation just waiting to happen. And if I'm hungry? Make that \$300.

It Doesn't Work to Buy Extended Warranties on Appliances

Statistically, if an appliance is going to fail, it will do so in the first 90 days (the product comes with a warranty to cover this time frame) or after five years (extended warranties aren't that extended). For the record, a laptop computer is one thing that might require an extended warranty. Laptops fail routinely; trust me.

It Doesn't Work to Carry More than \$100 Cash

Carrying a single \$100 bill is for me a great deterrent for overspending. I don't feel broke, but it's a bill I hate to break. It is also



the tipping point. Carrying more than \$100 creates a feeling of excess that burns a hole in my wallet. The coverage simply disappears.

It Doesn't Work to Live on Credit

Depending on credit to bridge the gap between what you earn and what you spend is a big no-no. Debt is a terrible liar, insisting that while you don't have the money today, you'll have it next month. Or the next. Debt keeps you stuck in the past, always stealing from the future. Debt is reversible, thankfully -- provided you don't fall into the same traps over and over expecting that eventually, somehow you will get different results. That would be insane.

Expired Beauty

By: Emma Cook

What a lie! Who says beauty stops beyond size 4 or at 40 years of age. Who are they to define beauty anyway. That's the problem -- the magazine ads, television, billboards, movies, etc, sell women a lie that far to many of us buy. Then, we chase after that



image stretched before our eyes not realizing that she's either been air-brushed or cosmetically enhanced to look that way. To some degree, it's gotten better, but collectively, we still have to push and make our voices heard. Regardless of your age,

22, 42 or 62—beauty belongs to you! Moreover, you are *fearfully and wonderfully made* (Ps. 139:14). Now, if God defines us individually this way, then that's the way it is. We've got to learn to esteem ourselves. Let's take on the opposition together and redefine beauty, not only for us, but for the future of all women to come.

Dealing With Guilt

By: Dr. Libby Skidmore

Many of us deal with excessive or inappropriate guilt, especially as women. We are quick to take responsibility for things because we feel we should have done this or that to prevent what has occurred. We feel ultra-responsible when something bad happens to our children or our family.

Guilt weighs us down, brings us down, and is, in fact, a common symptom of depression. Shedding inappropriate guilt frees our minds and hearts. One of the best ways to deal with guilt is to take a thorough look at the circumstances and construct what is called a "Responsibility Pie".*

- Make a list of all the people and circumstances that contributed to the problem. List yourself last.
- Using a pencil, draw a circle and begin to apportion responsibility to all the individuals and/or circumstances on the list, adding your past (your piece of the pie) last.

What I find in my work is that prior to doing the exercise, people assume their piece of the pie is the largest. They often draw their piece way out of proportion to the truth, and are



surprised by the reality of the situation when they see it graphically. Jesus said, "You will know the truth and the truth will set you free" (John 8:32), and I can literally see the relief my clients experience as they realize they have been struggling under the weight of inappropriate or 'false guilt'.

For your part, make amends. Prayerfully, tell the Lord you are truly sorry. Ask Him to forgive you and cleanse you. Ask Him to strengthen you to make changes so you do not continue to hurt others. If you need forgiveness from others, speak to them (if possible) with humility and ask them to forgive you. Then, go free!

*Adapted from "Mind Over Mood: Change How You Feel by Changing How You Think," by Dennis Greenberger and Christine Padesky.

Now You Know

Domestic abuse occurs when one person in an intimate relationship tries to dominate or control the other. Two early signs of abuse are: 1) attempts to isolate you in the guise of loving behavior, and 2) wanting to be with you all of the time, tracking who you are with and what you are doing. Two ideas for a safety plan should abuse occur are: 1) create a code word with family and friends to signal that you need help, and 2) leave an extra set of clothes and photocopies of your personal ID with a friend or family member.

Check It Out!

Get ready for a sweet delectable treat. You can't go wrong when you dive into a bite of a donut from *The Donut Man* in Glendora CA. They're not gourmet, nor are they super fancy - they're just down right good. Their popular strawberry donut is a must try.

This information is based on personal opinion. It is not a paid advertisement.

Women In Business

Angela Harrison

Healing Hearts and Homes International



A new company with an explosive vision. Angela's non-profit organization's goal is to be a place of rest and refuge for thirsty individuals and

families. They provide a variety of services including seminars and conferences that impact families. Women benefit greatly from their life enrichment forums, as it is a time when they are encouraged to make their dreams reality. Their slogan says it all, "The place where healing begins and dreams take flight".

Healingheartsandhomes.org

Great Opportunity!

Do you have an article or story to share? If so, you are invited to submit it to Going My Way for our next publication. Visit us at www.goingmw.com for more details.

Going My Way

P. O. Box 1844
West Covina, Ca 91793

Phone: 626.331.0808
Fax: 626.657.2908

Senior Editor: Roylene Walker

He will have no fear of bad news; his heart is steadfast; trusting in the LORD.
Psalms 112:7

Going My Way... We're Doing BIG Things!

Through our services and events, we aim to be an instrument that stirs fresh perspective in each woman's life, impacting her everyday living.

Keep your eye on us ~ we're on the move!

Visit us on the web!

www.goingmw.com