



IN THE spotlight

Shine Girl Shine!

Issue III

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

Notable and Quotable

Most folks are about as happy as they make up their minds to be.

Abraham Lincoln

Home Tip

Baking Soda Test: Do you have an old box of baking soda in the pantry and you're not sure whether or not it's still good? Fill a small cup half full with vinegar and drop a teaspoon of baking soda in it. If it starts fizzing, the baking soda is active.

Going My Way Calendar

- **Dating ~ The Ultimate Experience:** A life changing workshop for single women. Nov. 2009
- **Bridging Blended Families:** An informative discussion group covering topics related to blended families. Dec. 2009
- **Forever Friends:** A good time and great way to unwind and have a little fun. Mar. 2010

Visit our website for more information.

www.goingmw.com

Sign-up to be on our mailing list.

Breaking Old Ties of the Soul

By: Dr. Libby Skidmore

Did you know that when we are intimately involved with someone, especially sexually, we develop a soul tie with that person? Simply stated, a soul tie is a bond, an emotional connection with another that unites us. Ideally, this type of oneness is reserved for the marital bond which is designed to last forever. When relationships fail or are broken, the soul bond may remain even though people are rarely aware of it.

Evidence of a soul tie may be an obsessive preoccupation, longing, or yearning for that individual even though the relationship is over. It can be a longing for the emotional, physical or even spiritual relationship we had. There

are two major ways this impacts us: we have trouble moving on to new relationships, even ones the Lord may be blessing us with; and when we take old soul ties into a new relationship, they rob us of joy and oneness with the new person. We simply cannot be "one" with our partner if part of our heart is still with another.

To break free from old soul ties we must first be aware they exist



and understand they are hindering us. They may be keeping us from entering into more positive or healthier relationships. Acknowledge the situation prayerfully. Be willing to totally let go of the relationship and allow yourself to be cleansed and readied for the next thing God has for you. If old thoughts of yearning continue to come to mind, immediately turn them over to the Lord, asking for the soul bond to be completely broken.

We Would Love To Publish Your Article or Story.

Visit our website for details.

I Thank You

By: Contributing Writer

Boy, it's been tough. My checking account seems to always be on empty which matches the gas tank in my car. "Not enough" seems to be following me everywhere I go. The old saying is very true in my life — one step forward, two steps backwards. "Can a girl catch a break" is what I felt like screaming — really loud! And as I was doing just that, my husband walked in. Believe me, we've had our share

of problems, but I must say, I've learned to appreciate him so much more during our time of financial difficulty. He didn't know his job was going to layoff his department. His new job brings in less income, but, as he has said many times over, "our circumstance is temporary. We must continue to pray, trust God, lean on each other for support, and keep pushing forward". For that my love, *I Thank You!*

INTRODUCING

Going My Way is growing and we are excited about it! Check out our brand new services coming soon:

- * Pastors' Wives Club
- * Forever Friends
- * Is Marriage For Me?

Learn more at www.goingmw.com



The Sandwich Generation

By: Nancy Rodgers

Did you know that 80% of caregivers for aging parents are women? Or that the average caregiver is a married 57 year old female? You may feel that this subject does not relate to you, and yet, according to statistics, there is a strong chance that in the future you will be a primary caregiver to an elderly parent, relative or close friend. Chances are, too, that you will still have family responsibilities to your own children, or even grandchildren. Are you ready for this? How will you cope when you



are faced with this challenge? Here are some coping strategies for those who are stuck in the middle - looking after an elder, while still responsible

for their own immediate family:

1. Be realistic in your expectations of yourself.

You are only human and there is only one of you.

“ Are you ready for this? How will you cope when you are faced with this challenge? “

2. Establish your limits – know when you have reached them.
3. Ask for and accept help that is offered to you. It is a sign of strength, not a weakness.

4. Take care of yourself –physically, emotionally and mentally. You are responsible for your well-being. If you do not do this, you will not be able to look after anyone else.

5. Involve other people – it could be other family members, professional assistance or community resources. If possible, be aware of these resources before the need arises.

Remember to keep the mind, body, and spirit in balance. To help others can be very rewarding if this balance is maintained.

Check It Out!

Everything a woman want and more can be found at the exciting *Head To Toe Women's Expo*. Products range from jewelry, fitness and nutrition, hair products, electronics, cosmetics, fashion, linens, cooking oils, candles and more. It's a fantastic women's day get-a-way. So much fun!

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

Women In Business

Leslie D. Earl

Quick Close Loans



From single family homes to multi-million dollar commercial complexes, Quick Close Loans specialize in securing financing for property investors and first time home

buyer alike. Leslie began her multi-faceted mortgage company in 2006 and since then, they've partnered with many major banks/ financial institutions. With their unparalleled market expertise, they offer an array of loan programs, an expansive network of financing choices and service resources, and a stellar industry reputation.

quickclose1p@yahoo.com
916-271-9795

Now You Know

Only HPV infection that persists for several years can put a woman at risk for cervical cancer.

Source: Women's Health Task Force

Going My Way is looking for volunteers! Let us know if you or someone you know can lend a hand.



For Wives Only

A Book Collaboration for Married Women

Coming Soon!

An exciting opportunity to become a published co-author!



Contact Us For Details

Going My Way

P. O. Box 1844
West Covina, Ca 91793

Phone: 626.331.0808
Fax: 626.657.2908

Senior Editor: Roylene Walker

May the God of hope fill you with peace and joy as you trust in him ...

Romans 15:13

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