

HeartSong

The Newsletter of Inner City Women's Ministries International Inc.

OPENING LINES

This summer we praised God for the staff from one of our partnering ministries. Lorraine and R. J. (pictured on this page) from Child Evangelism Fellowship, graced us with their presence the week of July 20th. The Child Evangelism Fellowship (C.E.F.) "5 - Day Club" was a big hit with the neighbourhood children at our main inner-city location in Winnipeg, Canada. We did the "hosting" and C.E.F. did the "boasting" - of God's Word. Informative! Fun! Life-saving!

Would you like to host a 5 - Day Club for one hour a day for 5 days during the summer of 2010? Contact and/or connect with Child Evangelism Fellowship and find out more.

Another very exciting event has been the launching of our website this June. The "hits" are coming in from as far away as Pakistan where one community has indicated they would like to be on our mailing list. Our new web site address is on the back page.



Child Evangelism Fellowship Volunteers.

Thanks goes out to our brother-in-Christ Chris Swanton at Swan's Website Design who designed our website at a price we could afford. Praise God for masterminding many divine connections these past few weeks.

Shon McLaren—Froese
Executive Director

THE EYES OF GOD

The question was, "God, are there other needs of women you would like to involve yourself with through us?" The prayer was, "Please remove our blinders".

Remove our blinders He did! This spring/summer God revealed more of the plight of women struggling with mental health issues and women who have recently immigrated to Canada. One major need with both groups is consistent positive

relationship and safety. If you do not know the common language and/or have been stereotyped and then shunned by society for "being different" positive relationship is sometimes a far off dream. One participant with ICWMI struggling with an addiction and mental illness stated, "I like it in jail. The guards are my friends." This statement is a positive plug for our prisons yet states the sad fact of the plight of many women struggling with mental

health issues in inner city situations.

On the other end of the scale, recent female immigrants to rural areas are sometimes cut off from local resources due to the language barrier and the isolation that farm life brings. One younger woman came to us saying she was being sexually harassed by her parents employer. ICWMI took quick action but we wonder how many "others" are out there.

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PAWS

Post acute withdrawal syndrome (PAWS), at times referred to as post withdrawal syndrome, is a syndrome which is largely overlooked even by workers in the field of addiction rehabilitation. We at ICWMI would like to educate you, our reading audience, in hope that we may work together to educate others.

Many times persons coming off addictions are inaccurately diagnosed with a mental illness, when in fact they are working through a stage in their healing journey. For more facts on the background and cause of PAWS we are encouraging all who read this to do some research on their own. Our purpose in this issue of HeartSong is to state **PAWS syndrome is real, stressful (for all concerned) and treatable.** PAWS can last up to two years.

Common symptoms include:

- lack of initiative
- emotional over reaction or numbness
- stress sensitivity
- inability to think clearly
- obsessive-compulsive behaviour
- and much more

Symptoms may arise for no apparent reason and **may be triggered by:**

- unrealistic expectations of oneself
- frustrating or stressful situations
- multitasking
- and more

PAWS makes recovery long and difficult. Public understanding of this syndrome, and compassion for those going through it, has the potential of helping tens of thousands in their healing journey.

Please help us help others.

THE EYES OF GOD

ICWMI made two decisions this summer at the board level regarding the previous situations.

Firstly, our transition homes are now open to women struggling with mental health issues. Secondly, we are now working with Winnipeg Harvest to bring emergency food to immigrant women and their families in Southern Manitoba.

We have also secured a corporate sponsor to help at least one family with accommodation during the transition into their new surroundings.

Just of note. If you ask God to open your eyes, He will!



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PRAISE AND PRAYER

Praise for:

- the donations for bibles which came through Canadian Life Light Ministries
- having enough finances to get us through the summer months
- our volunteers going above and beyond
- a loving God!



Pray for:

- the women we walk alongside
- spiritual protection and good health for all ICWMI volunteers
- consistent prayer from Christ-centered persons
- consistent finances from ethical sources
- our love affair with God - may it boldly continue
- financial sponsorship of two children moving into one of our homes in September (more food is needed)
- volunteers and participants to remain in God's will

Inquiries and donations may be sent to:

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All donations over \$10 are eligible for a tax receipt if you live in Canada.

*ICWMI is a non-profit, volunteer organization operated solely by private donations.