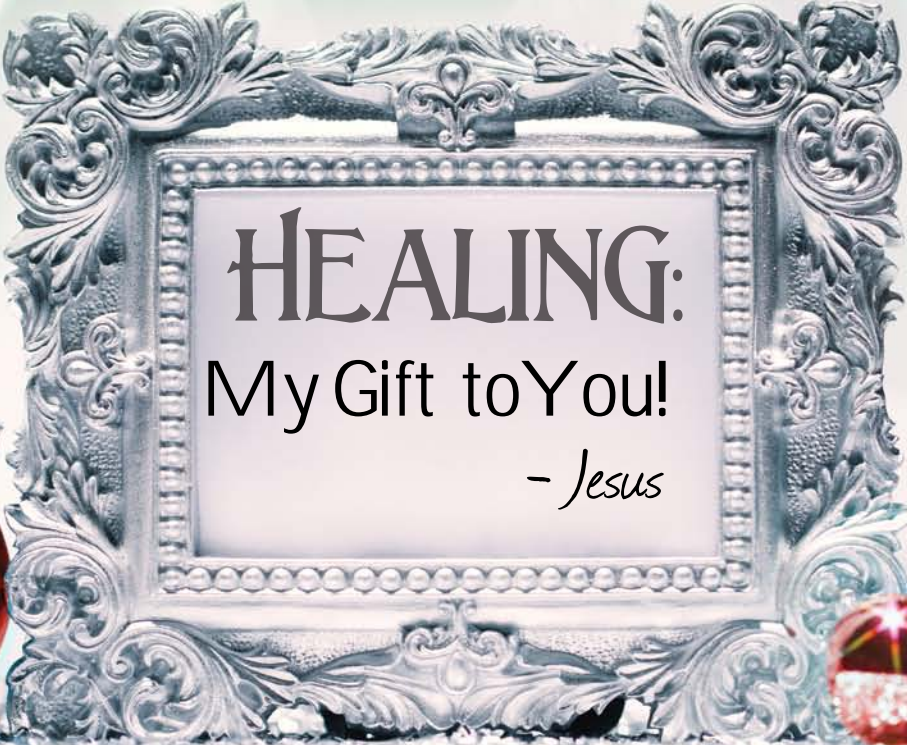


Reach UP

The Magazine to Empower and Enrich Today's Woman

Winter 2014



HEALING:
My Gift to You!
- Jesus

Faith
3 "All Things" I Can Do

Lifestyle
Season for Healing / Abortion

2014 has been the second year in a row with huge life-changes. In 2013 I made a cross-country move with little understanding of what lay ahead for me. In February of this year, I became a first-time bride! And let's just say, I'm not that young.... ;)

Married life has been great, and yes fun, as we've been learning to join two lives together. For me getting married also meant a move to yet another city with the task of merging two households, which is still a work in progress!

But 2014 also held deep sorrow as I saw my father's physical decline because of Parkinson's disease. To see him grow weaker and more dependent caused many a tear to fall each time I left his room. Then I got the call that Dad had gone to be with Jesus just after midnight, September 3.

I am explaining all this because my dad was not only my wonderful father and pastor, but he was also many of yours. In our Summer 2009 issue I shared my dad with you, saying that you could adopt him as your own if you didn't have a father like him.

He wrote a letter to you, beginning by reflecting on the tough life story of our featured writer in that issue. I want to pull a couple of sentences from that letter. While he is gone from this earth, his legacy and message to you remains the same.

Crystal Wacker Knapp

The Legacy Memorial*

Reach UP Magazine gratefully acknowledges the generous gifts given by the following and family in Memory of Pastor Wilbur H. Wacker

- Mr. & Mrs. Jim & Helen Anderson
- Mrs. Betty Baer, Paul, Scott Baer
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- Mrs. Ruth Robbins
- Mr. & Mrs. Mark & Amy Schiffner
- Mrs. Denise Wacker

I wish you could have been the delight of a father's life and felt secure, respected and appreciated. Is it possible for me to tell you now that you are respected and appreciated, and I pray for your security?

I see possibilities and promises in your life. I believe in you. That, of course, is just what Jesus sees in you. If I care and understand and accept you, how much more does Jesus do the same? He understands... He accepts. He longs for your happiness.

---[Your name]---, taking Jesus as your Savior and Lord is the greatest hope anyone has. There is no telling what good things lay ahead for you.

Jesus has been the answer for each one of us. One at a time. And no one has ever been turned away -- for any reason. You and my other "daughters" are really Daughters of the Heavenly Father. We all truly love you.

*Love,
Dad*

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3 of the "ALL THINGS"

God has Helped Me Do

By JoAnn Butler

I am a country girl but I lived 22 years in one of the toughest neighborhoods in New York City ... by choice!

I want to share with you just three things that God showed me about how much I could do with Him living on the inside of me. Now, that's not as weird as it may first sound. Because when I said "Yes" to Jesus, His power worked (and still works) inside me to make me a new person. God is faithful to His word and I am living proof.

1. ONE

This part of my story begins when I moved to Brooklyn, NY, back in the middle 80s. My walk with the Lord was only three years in the making. While in Brooklyn, I learned so much about myself and how to rely on His word.

I moved to Brooklyn to serve at a large ministry in the middle of Bedford Stuyvesant, a pretty tough neighborhood. I just wanted to serve wherever there was a need. In the beginning I answered phones and hand wrote receipts. After a few years, I was put in charge of the Food Pantry, which was stocked with donations from a food bank in the Bronx. A year and a half later I was transferred to the finance office where I was taught about bookkeeping.

To my amazement, in a few short years, I was put in charge of the Finance department and ran it for several years. Now this is what you need to understand: I only finished the ninth grade!

After Jesus came into my life, I got my GED and told Him that I would follow Him anywhere! After all, God said I could do ALL THINGS! "I can do all things through Christ who strengthens me." *Philippians 4:13*

The main part of what I did in that ministry in Brooklyn was what we called indoor Sunday School. That meant I needed to drive a bus! Laws have changed since then, but at that time I didn't have to have a special license. So one of the men took me to an empty street to learn to drive the bus. After 35 minutes he said, "You are doing great, and you're ready to drive your own bus Saturday." I felt so good about this, and I thought I was ready.

Man, was I in for a rude awaking! The man who trained me to drive the bus never took me down any narrow one-way streets or

past a double-parked car. What do you think happened that Saturday morning?

Barely a mile from the church, I was driving down a one-way street and there sat a double-parked car. I laid my head on the steering wheel and reminded God that He said I could do all things as I inched my huge bus past the cars and on down the street.

He did not fail me then, and He never has! And I've probably had to do that at least a thousand or more times during the years.

2. TWO

3. THREE

When I moved to Brooklyn, it was just my son, Buddy, who was 12 at the time, and me. We had no family to help and no government assistance. My home church sent us \$50 a week, and that is what we lived on for a year and a half!

I CAN DO ALL THINGS!

So as a country girl who had been an alcoholic and who did drugs, God showed me I could do all things through Him because of *Philippians 4:13*.

If you think you cannot do something, I am here to tell you, You can do all things through Christ who strengthens you!

"I can do all things through Christ who strengthens me."

Philippians 4:13

It's Christmas morning. You'd give anything for a heart of peace and joy, but secretly you know a sledge hammer would be better. Your heart has become so hard because it's been so hurt that you know, or at least you think you know, that huge, thick wall can't come down.

That was me. Year after year the wall around my heart grew thicker and higher, and nothing, no one could reach it until

It was the summer of 2012. God began working on me on Valentine's Day that year. He whispered softly that it was time to heal. Before then, as I shared in the previous article about my abortion back in 1985, nobody knew and I never talked about it.

I was willing to go to a healing Bible study called "Forgiven and Set Free." There, along with six other women, I began my 12-week journey of healing. It was strange at first to share my story. I had no emotion because my Wall of Denial was so thick. I had gotten used to the numbness. The trauma was so deep in my heart, I had to make myself revisit the pain and it took a while to cry. I opened my Bible to learn what God had to say about my experience and all that went along with it. I studied as if I were studying for a test in school. I used to make A's. But this time, this A was going to be for me!

I learned about denial, guilt, anger, insecurities, loss, substituting addictions, and numbing my feelings. I discovered who God created me to be, and eventually I surrendered my ugly shameful secret and much more.

I also learned I wasn't the only

woman to have experienced this. Our group leader told us that 1 in 3 women of child-bearing age have had an abortion. Wow! That adds up to over 50 million women since 1973 when abortion became legalized.

A lot of women probably need healing like me. I learned that true healing is a free gift, just like a Christmas present on Christmas morning. The difference was that I didn't have to wait all year long for it. It was mine whenever I was ready to accept it.

Even if you're not ready, go ahead and read the steps I took to heal. God will be with you.

Look at healing from your abortion as opening a wound that you have on your body. Something happened and you got hurt really badly. You put a bandage on it and hoped it would get all better. Yet over a period of time, the wound became infected. It needed to be reopened and have medicine put in it so it would heal the right way. The truth is, you didn't use good first-aid in the beginning. You have to take ownership of that fact you did not take care of your wound the right way when you first got hurt. To reopen the wound will be very painful, yet it must be done to heal the right way in order to become healthy once again.

Step one in healing: If you want to be healed, you need to **realize you can't do this by yourself.**

You need help from God in order to begin the process and make life much easier.

I had Jesus in my life and I believed He could help me. **I had**

A Season for Healing

by Keven Covert

In the 2014 Fall issue of Reach UP, Keven Covert talked about her 29-year-old Wall of Denial coming down as she risked talking about her abortion. She experienced true healing as a result. We asked Keven to help our readers come to that place of healing. May you be encouraged.



to believe He forgave me and would heal me, no matter how bad my past was or what I'd done.

Step two in healing: This step was tough at first. **You have to dig deep and deal with issues** you have not dealt with for years.

You have to admit that you need healing; you cannot run from the truth. You have to realize the past decision to have an abortion has affected other areas of your life. Whether you actively tried to deal with it or stubbornly chose to ignore it, it was a choice you made.

Like an onion your hurt has layers to it. Many times that first layer is denial or depression. Each layer of memories and experiences is painful as you uncover the pain that has been buried. But healing is done one layer at a time.

You can't just cut to the heart of the matter, trying to hurry the process. Deal with each issue as it returns. I knew Jesus as my Lord so it was easier, yet I still had to believe I could get healing and forgiveness. Jesus offered me the forgiveness for what I had done, and I needed to accept it.

Step three in healing: This consists of **returning to the day of your abortion** and reliving **how you felt**. This may be the most difficult part, but going through this step will bring you out!

You will need to deal with the loss of your child and how that made you feel back then and now. You may find yourself hurting inside

because you carried this secret privately with no one to share it with. Perhaps you felt the shame and guilt for what happened in your life, whether you were forced to have the abortion or whether it was your own choice. Other reasons and feelings will come to the surface, too. Don't shove them down; choose to deal with them and go forward.

Step four in healing: **Talk with someone about the pain you are now feeling.** Let them know you are beginning to work on your issues of hurt and how you are feeling because of it. (Some of your feelings may include denial, fear, loss, depression, shame, blame, guilt, anger, bitterness, forgiveness of others, insecurity, and other emotions.)

My advice is to first go to God and share from your heart. He knows your pain you are feeling.

Then find a friend or someone you can trust (maybe the person who gave you this magazine) with your secret. Don't be fake - get real and share the truth. The deeper you dig, the deeper your healing and more at peace you will feel in the end.

Those layers will peel off in stages and clean out all the hurt and painful issues in your life. Writing things down in a diary or journal can help too. One important thing to remember for your healing to really take place: **You have to go back to your past in order to go forward to a healthy future!**

Step five in healing: This is

when you face all that has come to the surface. **Take responsibility** that the abortion happened, whether you made the choice or it was made for you. It happened, and your baby is a real person, now living in heaven with Jesus. Share this verbally, and choose to believe what you are saying.

Step six in healing: Now **you need to forgive and receive what the Lord Jesus did for you on the cross** 2000 years ago. Receive Jesus' forgiveness and allow Him to heal you and make you whole, giving you a new beginning.

Do not worry about forgiving yourself. Ultimate forgiveness comes from Jesus Christ. Remember **He loved you so much and forgave you before the sin was ever committed.** Please accept, receive, and live a whole and healthy life. Otherwise, what He did on the cross for you will be in vain, which means that He suffered it all for nothing.

You can and probably will have to forgive others, like your boyfriend, your mom or dad, the abortion doctor, and even society for making it legal. Your heart may have resentment or even hatred for some of those people. Forgiveness releases those toxic emotions.

Let me tell you from experience: Forgiveness, peace, and healing are gifts that stay with you all year long, year after year! Go ahead, open them up...

“SCENT”- SATIONALIZE Your Home!

by Meggin Schiffner & Friends

*I am...
...a minimalist,
...chemically sensitive,
...on a budget!*

But I still like my house to smell good!

Uplifting smells do more than smell good. They lift the spirits, they increase brain power, they can even calm an energetic household or a weary mama. And certain smells prepare us for the season. Scents can remind us of good things.

Here's a recipe for one of my favorite Christmas scents.



WHAT YOU NEED:

- ✓ **A medium size pan that you won't be using for a couple days.** Or if you can, go to Goodwill and get a cheap pot just for this potpourri purpose.
- ✓ **Several orange peel rinds** (when your family eats oranges, freeze the leftover peeling)
- ✓ **4-6 cinnamon sticks** (I've even been known to use a few Tbs. of powder if that's all I had)
- ✓ **5-6 whole cloves**
- ✓ **1-2 Tbs. of allspice** (optional)
- ✓ **If you have access to pine needles or even a juniper bush, grab a handful and toss them in** (optional)

Throw all these items in your pan, cover with water, bring to a boil, then turn on low to simmer. Throughout the day you need to add in a little more water to prevent pan from burning dry. When I add more water, I return it to a boil, then reduce the heat to a low simmer again. Sometimes I even set the timer to remind me to check the water level. I can generally keep adding water for a couple days before needing to drain the water, throw away old ingredients, and start again. It's great for winter months or dry climates as it adds a little moisture to the air.

Other herbs that make great scented and beneficial potpourri:

Rosemary, pine needles, sage, lavender flowers, dried rose petals, eucalyptus

Some great smelling spices to play with:

Cinnamon, star anise, cardamom, nutmeg, vanilla bean

Play around with ingredients and have fun. This mixture can be used in many ways. Tonight I'm going to strain off some of my water, add 1 Tbs. of apple cider vinegar, and use it as a rinse for my hair. You could do the same, or even and wipe your counters with it.

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you Move!



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the globe with *Reach UP* Women!

www.reachupmag.org

OTHER WAYS TO SCENT-SATIONALIZE YOUR HOME

Jeanette Davila-Rivera: Put vanilla extract in a coffee cup. Place in your oven on low heat, 200 to 300 degrees. It smells like warm vanilla throughout your house for 20 to 30 minutes.

Rebecca Pearsall: Most places that sell Christmas trees will give you leftover cuttings. I hide them by the handfuls all over the house.

Sarah Knapp: I like the scented pine cones found at my local fabric store for \$5. I put them in a basket near my heat vent. When the furnace turns on, we have warm, great smelling air. I shake the basket every once in awhile to spread the scent.

Amy Wedel: I use the wooden sticks sitting in scented oil. They can be found in many dollar stores around the country and smell so good!





“FORGIVENESS, Let’s Us Start Over”

by Babs Kincaid

*In the darkest hour God’s Love came down.
A baby came robed in humility and not a crown.*

*Jesus came to blot out all our disgraceful sin.
To give us hope and a new life to begin.*

*His heartfelt message was forgiveness for all.
To take away our guilt and shame so we could stand tall.*

*Everyone on earth has missed the mark to live right.
Christ overcame darkness so we can dwell in the light.*

*From bondage to our past mistakes we can totally break free.
God’s mercy triumphs over judgment by royal decree.*

*God’s love keeps no record of our wrongs.
His forgiveness lets us start over and become strong.*



Given to you by: