

HAPPY NEW YEAR!

We wish each of you a new year full of joy, hope and exciting plans. We look forward to working together to make this an unforgettable year for those who may need an encouraging word or a random act of kindness. **Happy 2014!!!!**

“TO ENCOURAGE ME IS TO BELIEVE IN ME, WHICH GIVES ME THE POWER TO DEFEAT DRAGONS.”
RICHELLE E. GOODRICH



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Defeat any DRAGONS lately?

This quote by Richelle E. Goodrich really resonated with me: “To encourage me is to believe in me, which gives me the power to defeat dragons.” If you are anything like most people, you face “dragons” every day and desperately need extra powers to defeat each one. Our “dragons” could be just average-sized, like several loads of laundry, a report due at work or school, grocery shopping (which sometimes can be more than an average-sized dragon), cleaning up after the family, or calling the repairman for the refrigerator. Then there are those larger “dragons” such as getting the office organized, finding the money in the budget for braces for one of the children or dental work for yourself, finding the time to be a good mom or dad, or finding the time for you. Then there are those “ugly, fire-breathing dragons” such as a sick family member, a house payment that there is no money to pay, a car that is beyond repair or a relationship you

have no idea how to repair.

We all have these “dragons” whether they are the small insignificant ones or the big, “ugly fire-breathing ones,” and we need to be reminded that we can overcome them. We can defeat them! Having someone believe in you and your abilities will most certainly give you the ability to slay those dragons and move on with your life. Just like Richelle Goodrich says “to encourage me is to believe in me, which gives me the power to defeat dragons.” We challenge you to make it your goal to daily encourage your spouse, children, grandchildren, sisters, brothers, friends, enemies, and anyone you come in contact with. Intend to, through encouragement, instill in others the power to become a dragon slayer. By Kathryn Spradley

FIRST THESSALONIANS FIVE: ELEVEN

“ENCOURAGEMENT IS OXYGEN TO THE SOUL.”

GEORGE M. ADAMS



“Therefore encourage one another and build each other up...”
first thessalonians five:eleven



CEC & MPC

join hands to help save unborn babies

Christians Encouraging Christians, Inc. has joined hands with Mustang Pregnancy Center (MPC) in hopes of furthering the mission of both organizations. MPC, located in Mustang, Oklahoma, is a Christian, inter-denominational, nonprofit whose goal is to provide a place of refuge, help, and education for girls, woman, and their babies and families who are in need of the services they offer. Their mission is:

- To defend the lives of unborn children
- To equip women with the information, materials, support, and resources necessary to provide for their physical, spiritual, and emotional needs during and after pregnancy
- To promote abstinence before marriage and Godly views of sexuality

Recently the MPC received a donation of an ultrasound machine; but to offer ultrasounds to their clients they must convert to medical clinic status. Statistics reveal ultrasounds make a difference when women are making choices about their pregnancies, and the goal of MPC is to help women make informed choices. To make this conversion to medical clinic status, there are specific requirements that need to be met, and the National Institute of Family and Life Advocates has a comprehensive program to provide MPC everything needed to successfully complete this difficult process. The cost

to convert is \$22,500.00 of which \$7500.00 has been awarded to MPC by a grant from Caddo Electric’s “Operation Roundup.” MPC needs to raise the remaining \$15,000.00.

What can you do to help make this conversion to a medical clinic status become a reality and help reach out to women who need our support? On March 27, 2014, MPC is hosting a fundraising banquet to support the work they do each day and to hopefully help fund this very necessary conversion to medical clinic status. We encourage you to take part in making this conversion possible by donating privately and/or by attending the fundraising banquet and offering your

financial support. If you have a business or are a part of an organization, please consider becoming a sponsor of the event. Online registration is available. You can email mpcbanquet@gmail.com for information related to the banquet or pick up in-

formation at the Mustang Pregnancy Center at 238 N. Mustang Road in Mustang, Oklahoma.

Please consider supporting MPC and give them the opportunity to reach every woman with the valuable information they need to make an informed decision in regards to their pregnancy. Let’s join hands and hearts and help make this conversion happen!

March 27, 2014
MPC IS HOSTING
A FUNDRAISING
BANQUET TO
SUPPORT THE
WORK THEY DO

www.mustangpregnancycenter.net
405-376-4547



We offer a very special thank you to all of you who were willing to donate items to CEC. With your help we were able to accomplish the following projects.

- A generous donation of 850 pair of eyeglasses. A large portion used for our "Visions of Vision" project, 175 pair of glasses, readers and sunglasses shipped to Honduras and a portion of readers and sunglasses given to a medical team traveling to Honduras on a mission trip.
- A new mattress, box springs and frame were purchased to assist a family who lost their home in the Moore tornado.
- A donation of a microwave supplied the need of a family displaced by the Moore tornado.
- The donation of several new window blinds has allowed CEC to supply much needed window covering for families.
- A donation of a washer/dryer set (washer in working condition) and an additional dryer donation combined to give a family in need a nice washer/dryer combination.
- A donation of a nearly new mattress, box springs and frame allowed CEC to supply the need of a family who lost everything when their home burned.
- A donation of a laptop computer with updated programs that allows the CEC office to work more effectively.
- Assisted with supplying nutritional supplement for a patient in the process of taking Chemo treatments.
- Donations of clothing for our "Wear It or Share It" project. Some of the clothing is used for local work and the remainder is shipped to Honduras for people in need.

"Encouragement from any source is like a drop of rain upon a parched desert."

Claire Gillian

IMMEDIATE NEEDS

IMMEDIATE NEEDS

It has come to our attention there is a group of up to 50 homeless children and adults who are in need of warm winter clothing. We can provide some of those needs through our "WEAR IT OR SHARE IT" project but if you have any unused winter wear items you are planning to clear out of the closet, we have a place for those to be SHARED immediately.

HATS, COATS, GLOVES, SCARVES, ETC

2014 WISH LIST

OFFICE SUPPLIES
FURNITURE
CELL PHONES
CLOTHING
VEHICLES
APPLIANCES
CHILDREN'S BOOKS
VOLUNTEERS

CEC is in desperate need of a website wizard. If you or anyone you know has website experience and would be willing to volunteer their time to help us get our website back up and running, please contact us immediately. We realize that in today's technological environment it is a necessity to have a website, but we are also aware that it takes someone who has the knowledge and experience to make it appealing and professional looking. Shelley Martin, a board member of CEC, is very creative and willing to help, but we need additional website expertise to go with the creativity. We know the Lord will provide, we are just waiting to see who He selects. If you know of someone, please contact Kathryn Spradley at kvsprad@gmail.com or 405-204-4570.

Help Wanted

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A FOCUS ON VISION

In March of 2013 Christians Encouraging Christians, Inc. signed a strategic alliance agreement with Mustang Optical, Mustang Kiwanis and Dr. Thomas Wolf for the purpose of alleviating the problem of eyewear for those who are experiencing financial difficulty. To help with the expense involved in this project, Caddo Electric Cooperative's "Operation Roundup" program awarded CEC a \$2000.00 grant. Since the start of the "Vision of Vision" project we have furnished glasses for three adults and three students. We have had several calls for information and two additional applicants who were approved by the committee but for some reason chose not to take advantage of the program.

The "Visions of Vision" project is not limited to Oklahoma. If you read this and you know of anyone who is in need of eyewear and cannot financially manage the expense, please have them call 405-204-4570. CEC's vision is "improved vision" for anyone who needs it.

2014-2015 BOARD MEMBERS

President—Kathryn Spradley
Vice President—Vicki Connor
Secretary—Lloyd Spradley
Treasurer—Leota Smith
Phil Bray
Shelley Martin
Karla Pool

Newsletter Creative Team
Editor—Kathryn Spradley
Creative Consultant—Shelley Martin

MATCHING FUNDS GRANT ANNOUNCED FOR 2014

CHRISTIANS ENCOURAGING CHRISTIANS, INC. (CEC) HAS AGAIN FOR THE SECOND YEAR IN A ROW, BEEN OFFERED A FABULOUS FUNDRAISING TOOL BY AN ANONYMOUS DONOR. THE DONOR HAS AGREED TO MATCH DOLLAR FOR DOLLAR ANY FUNDS, UP TO \$2000.00, RAISED BY CEC IN 2014. WE ARE SO VERY THANKFUL TO EACH OF YOU WHO HAVE DONATED IN THE PAST AND ENCOURAGE YOU TO CONSIDER MAKING A DONATION THIS YEAR THAT WILL, WITH THIS MATCHING FUNDS GRANT, HAVE DOUBLE THE IMPACT.

WE ARE ALWAYS APPRECIATIVE OF MONETARY DONATIONS AND ARE ALSO SO GRATEFUL TO THOSE WHO DONATE THEIR TIME TO OUR DIFFERENT PROJECTS. IF YOU WANT TO KNOW MORE ABOUT CEC AND ITS VARIED PROJECTS INCLUDING "VISIONS OF VISION," "TOW OR BESTOW," OR "WEAR IT OR SHARE IT," OR HOW YOU MIGHT BE INVOLVED, PLEASE EMAIL [KATHRYN SPRADLEY AT KVSPRAD@GMAIL.COM](mailto:KVSPRAD@GMAIL.COM) OR CALL 405-204-4570.

Rob Liano
**"Encouraging others
can be the catalyst to
unleashing their
greatness."**

"A Helping Hand" in Honduras

In July of 2013, Phil Bray, a CEC board member, joined a missionary team of over 2000 people, which included hundreds of doctors, optometrists, dentists, pharmacists, nurses and other health care professionals who provided medical care to thousands in poverty-stricken Honduras. The organization "missions.me" partnered with churches and other organizations in one of the largest known mission efforts. During the week-long endeavor, the mission teams delivered food for over two million meals to 266,000 families, and supplied 110,000 pairs of shoes. The mission team also told the gospel story to entire school assemblies and ministered to each of the school's administration. They worked with 23,000 local ministers and pastors and over 1,000 political leaders.

The nation-wide effort ended with having the gospel story told in eighteen of the largest cities to 487,000 people gathered in eighteen stadiums. Coverage on the major television networks allowed millions to watch the events and hear the gospel message.

Christians Encouraging Christians participated by donating approximately 200 pairs of sunglasses for the medical team to distribute to the people in that area. CEC also contacted Dr. Andrew McKamie at The Center for Exceptional Dentistry in Oklahoma City who was willing to contribute toothbrushes and toothpaste for distribution.

Phil Bray and his granddaughter, Krista, were on the mission team who visited the Choluteca area of Honduras. "This being my first mission trip, I didn't really know what to expect," Phil says. "But I learned so much! We went to Honduras to help them. And, I believe that was accomplished in so many ways; physically, emotionally, economically and spiritually. But the Holy Spirit worked in me too! And I came back a more humbled person with a greater desire to serve. I realize you don't have to travel 2,000 miles from home to serve others. After this trip it is much easier to remember to look to God when fulfilled, encouraged and happy, and not just when I'm discouraged, forgotten or feeling invisible. I am ever more thankful for all God has done and is doing and will do."

If you are interested in being a part of a future mission trip, log into MISSIONS.ME to learn more about this mission effort and other opportunities that are being planned.

mission team who first mission

Consider a tax deductible donation to CEC when deciding what you will do with your used vehicle.

Thanks goes out to one very generous individual for the donation of a Saab convertible. After some minor repairs, which are in the process of being made, this vehicle will be up for sale. The proceeds of the sale will help to further the mission of CEC, giving this organization much needed funds to continue our many projects.

Sporty 2004 SAAB CONVERTIBLE

DONATED

ENCOURAGEMENT 101: SPOUSES

By Kathryn Spradley

In past newsletters we have been answering the question “How do you know what to do to encourage someone?” by listing things we can do to encourage different groups of people including seniors and children. In this edition we direct our attention to spouses. The brainstorming session in regards to encouraging your spouse resulted in the following ideas. They are in no particular sequence but hopefully will spur you on to more ideas of your own.

ENCOURAGEMENT FOR OUR SPOUSE

- Honor your spouse
- Help your spouse through a grieving period
- Support them throughout the loss of a job or a challenging job change
- Ask them about their day and listen without interruption- Practice “active listening”
- Talk about the things you don’t agree upon
- Be the best spouse you can be in spite of circumstances
- Be tolerant of your spouse’s preferences
- Honor each other’s differences
- Offer your spouse praise
- Try to see circumstances from your spouse’s perspective
- Do a chore you know your spouse dislikes
- Make an effort to understand their viewpoint
- Talk in a positive way about your spouse’s family....visit them
- Assume that your spouse will take care of their responsibilities and take care of your own
- Support your spouse’s decisions
- Create an environment of acceptance
- Offer a prayer for your spouse
- Pray separately and together about challenges
- Find out what would strengthen your own spirit and share with your spouse

- Communicate and listen to your spouse
- Be honest about your feelings and be willing to listen to your spouse
- Discuss important issues with your spouse
- Find ways to learn more about your spouse
- Play a game your spouse particularly enjoys
- Read, discuss and implement books related to healthy marriages
- Take a walk with your spouse
- Be willing to extend yourself to help your spouse grow
- Be tolerant of your spouse’s preferences
- Do a chore your spouse is usually responsible for
- Attend an event your spouse enjoys but you may not prefer (family reunion, school reunion)
- Set aside an evening strictly for your spouse
- Find out what will strengthen your spouse and support them in this area
- Make time to pray with your spouse daily
- Recognize things that cause disharmony and make an effort to avoid those things
- Take your spouse on a picnic that you prepared
- Take your spouse on a date for a random occasion
- Remember dates that are important to your spouse (i.e. birthday, anniversary)
- Write your spouse a note telling him/her how much you love them
- Tell your spouse the specific things about him/her that you love and value
- Apologize and ask forgiveness when you hurt your spouse
- Work together with your spouse to learn better communication

REMEMBER THESE IDEAS CAME FROM A BRAINSTORMING SESSION AND ARE IN NO PARTICULAR

“Encouragement requires empathy and seeing the world from your spouse’s perspective. We must first learn what is important to our spouse. Only then can we give encouragement.”

Gary Chapman

SEQUENCE. THEY ARE IDEAS THAT YOU MIGHT POSSIBLY USE TO ENCOURAGE THE ONES YOU COME IN CONTACT WITH ON A DAILY BASIS. WE PRAY WE ALL PRACTICE 1 THESSALONIANS 5:11 WITH EVERY ONE WE KNOW.

WE ENCOURAGE YOU TO SUBMIT YOUR OWN IDEAS TO US SO WE CAN CONTINUE BUILDING THIS LIST.