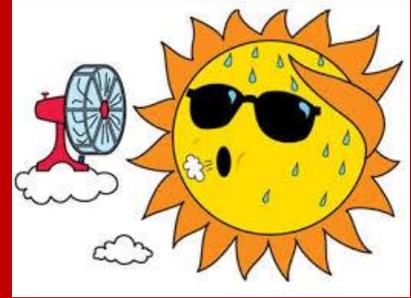




August



Proud to announce our second location will be opening soon! Cornerstone Christian Counseling is located at 390 Calle de Alegria. Main entrance is on the East side of the building. Feel free to stop by anytime for a visit!



- ❖ August 12<sup>th</sup> - Happy Birthday Norma!
- ❖ August 13<sup>th</sup> - Happy Birthday Maggie!
- ❖ August 18<sup>th</sup> - Happy Birthday Nadia!
- ❖ August 18<sup>th</sup> - Happy Birthday Bea!
- ❖ August 24<sup>th</sup> - Happy Birthday Kaden!
- ❖ August 27<sup>th</sup> - Happy Birthday Deryl!
- ❖ August 30<sup>th</sup> - Happy Birthday Glenda!

### Mark Your Calendars!

Provider Meeting – August 23, 2019

Please sign up in the front office if you plan on attending

11:30 to 1:00 – Lunch will be provided!

### From the Desk of Deryl:

Paul tells us to “be eager to maintain the *unity of the Spirit* in the bond of peace” (Ephesians 4:3)

“For unity to be real, it must stand the severest strain without breaking.” Mahatma Ghandi

It is only a week out from the tragedy that occurred in our back yard, just 40 miles away in El Paso. No doubt it has caused anger, fear, frustration, and sadness in all of us and our clients.

My greatest worry is the level of divide it is highlighting in our community and country. No matter which side of the political, religious, racial, or socio-economic fence you live, you probably feel more frustrated and disconnected than ever with those who don't believe the same. Unity is defined as “the state of being united or joined as a whole”. I don't know about you, but I do not feel like being united right now. But I need to be, we all need to be. We all need to remember that everyone is searching for meaning, searching to belong, searching for someone to value them as a human. If we see everyone's value only by the beliefs or opinions they hold, we will eventually lose the humanity in everything. To bring back unity, we, I should still strive above all to remember that we are all united in one thing: Our Humanity, our frailty, our desire to love and be loved. I believe at Amistad we can and usually are an example of Unity.

#ElPasoStrong

**This month features Lillian Jimenez: Lillian was asked the following five questions:**

1. How long have you worked at Amistad?
2. What other jobs do you have?
3. What is your primary specialization/population you work with?
4. What do you do for self-care?
5. What is your favorite quote?



Here is how "Mrs. August" answered:

1. Since the summer of 2015 on and off. As an "official" Amistad employee/contractor since April 2018.
2. Mom, wife, grandmother, helping a local non-profit with grant planning and reporting.
3. I haven't figured that out yet. I have worked with ages 4 to 96. However, someday I may want to specialize with grief and loss.
4. Umm...brush my teeth three times a day. No, actually most weekday evenings after work I sit in my backyard and watch the sunset with my dogs; it is very relaxing.
5. Well, actually it is a quote about God from Psalms 147:3 He heals the brokenhearted and bandages their wounds.

*\*\*Note to readers:* I asked Lilly to send me a favorite picture. I guess next time I need to specify a favorite picture of herself! After a little private investigating, I did find the following picture of our beautiful Lilly! Gotcha Lilly!



Congratulations  
Brittany and Tony!



Aurora Rose Geng  
Born August 11, 2019  
Congratulations to our  
friend Rebecca and  
family!

**TRAUMA SENSITIVE YOGA**



Contact Megan Goepfert (aka Megan Finn) For more information regarding the Trauma Sensitive Yoga Class she will be teaching here at Amistad.

Great idea Megan!