



# The Spirit of Love



*Love, love, love!* With February 14<sup>th</sup> rapidly approaching, *Love: The Commodity* is raking it in! Wrapped in red, dipped in chocolate, hyped by hotels and Hotmail, *Love: The Commodity* is fattening bottom lines!

But by 12:01, February 15<sup>th</sup>, the value of *Love: The Commodity* will drop exponentially, put on the clearance rack or backroom shelves until the next Day-of-Love. Not so for *Love: The Spirit*.

Real love, the *spirit* of “love never ends,” 1 Corinthians 13:8-13. Just ask Sharlene Hill, one of CWAH’s oldest clients and now a volunteer for the organization.

She’s not sure of the exact dates, but her circle of love began as a CWAH client around 2009. From being displaced from a decent paying job with Charter Communications, to the loss of a seasonal job with an insurance company, Sharlene was no longer able to afford her apartment, and moved into her father’s ramshackle, 4-family flat just up the street from CWAH.

Her needs were vast – clothing, toiletries, household goods and, most importantly, a spiritual uplifting. Enter CWAH. From tangibles to teachables, they provided Sharlene with the necessary foundation from which to re-build her life -- GED classes, yoga, Soup-for-the-Soul, computer, fitness. And the blessings continued.

Through a program called Healthy Homes, her 4-family flat has blossomed with over \$160K worth of repairs -- a new roof, back porches, electrical rewiring and two new bathrooms. Sharlene has blossomed also!

“I didn’t want to always be taking,” she says. As a CWAH volunteer, she assists with stocking, cleaning, clerical and “other duties as assigned”. She’s also the President of her Block Unit, and offers daycare services in the evenings. A single mother of 4, Sharlene provides a home for her son, and babysits one of her 6 grandchildren while her daughter is at work. The spirit of love continues.

“CWAH has lots of love for lots of people,” says Sharlene. “Gloria is like a mother-figure. She’s helped me with my self-esteem and opened up a world that I couldn’t afford myself.” It’s not always easy, and Sharlene still faces many challenges. But her advice is to “find a program and get your life together”.

We’re familiar with many concepts of love. Speak of romantic love, familial love or the love of friends, and we can all relate. But we often overlook the *spirit* of collective love that emanates from a supportive and caring organization such as CWAH.

The *spirit* of love takes many forms. The spirit of “love never ends”. This February 14<sup>th</sup>, celebrate the Spirit of Love in *all* it’s forms . . . and be grateful.



*It is hard to believe we're in the 2<sup>nd</sup> month of 2018, and here I am; here "We are", celebrating 30 years of service to the community. When I reflect back on how far we've come and how we got here my heart just delights, in the fact that all of you have been a substantial part of building strong families.*

*Unexpected blessings and tremendous talent with a willingness to serve others keep knocking at our doors in that same spirit of love, which continues to make a difference. We are looking forward to continuing the work of providing hope for those in need, Thanks To You!*





# 02/24/2018 HEALTHY HEART HEALTHY YOU

The Archway (MO) Chapter of the Links Incorporated and CWAH will host this event for women in our nearby community, bringing awareness to women's heart disease risks and modifiers of risk.



This event will be at the CWAH Center at  
3883 West Belle Place,  
St. Louis 63108  
at 1200 PM to 1:30 PM

**Register  
Today  
314-289-7523**

A Specialist will be available to answer questions.

We will provide dietary recommendations and prepare a healthy lunch to enjoy during this event.

We will provide exercise instructions for everyone and provide simple equipment to assist exercise efforts.

After completing this program, you will understand Modifiable and Non-modifiable risk for heart disease.

You will have identified approaches to modifying the Modifiable risks

You will have improved shopping skills.

You will have identified an exercise for you



## Michael Holmes and Leland Crenshaw To Chair 13<sup>th</sup> Annual CWAH Ambassadors Golf Tournament

Saturday June 9, 2018



Tower Grove Park  
4256 Magnolia –  
Grand Entrance –Son of Rest Shelter  
For More Information:  
314-289-7523

## SAVE THE DATE

**MAY 19, 2018**

8:00 Registration  
Choose 1K, 3K, or 5K  
Non-competitive walk/run

**FOOD**

**FUN**

**FITNESS**



For More Information

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**Virtuoso Violinist**

**Regina Carter**

**To Highlight**

**30<sup>th</sup> Anniversary Celebration**

**Save the Date**

**November 4, 2018**

**Sheldon Concert Hall**

