

## **ASK COACH EZINE**

**Yvonne Chase – The Single Woman’s Cheerleader, Dating Coach**

<http://www.availableandhappy.com>

**Your guide to, “Living the life that you love, Attracting the Love of your Life and Keeping the Love you find!”**

### **IN THIS ISSUE:**

1. Welcome
2. Ask Coach Yvonne: Should I Lie?
3. Feature Article: Uncovered
4. Reading Room: Lies At The Altar
5. Think About It
6. About Coach Yvonne
7. What Is My Mission?
8. Invite Coach Yvonne To Speak



### **1. WELCOME**

There have been many new subscribers to the E-zine since 2002 and I wanted to let the new folks know and remind the old folks how this site came about and the meaning behind Available and Happy. Availableandhappy.com is the domain name but more importantly; this is a ministry for and to Christian singles; particularly women. People ask me all the time, “How come you are so happy about being single? I never hear you worry about getting a man or complain about not having one?” What makes me an Available and Happy woman is my relationship with my Lord and Savior Jesus Christ. He gave me the name of this site a long time ago. Available simply means that I am Available to God to do his work, to utilize the talents and abilities that he has given me to make a difference in the world and in his kingdom. 1 Corinthians 7: 32-34 is my foundation; “An unmarried man is concerned about the Lord's affairs—how he can please the Lord. But a married man is concerned about the affairs of this world—how he can please his wife—and his interests are divided. An unmarried woman or virgin is concerned about the Lord's affairs: Her aim is to be devoted to the Lord in both body and spirit. But a married woman is concerned about the affairs of this world—how she can please her husband.” When God created you and I, he created us with a plan and purpose and he gave you and I work to do – an assignment. Colossians 4:17 gives us a command, “See to it that you complete the work you have received in the Lord.” Are you on the path to completing that work? Do you even know what your work is? I can tell you from personal experience that there is a fulfillment that comes when you give yourself to the work of the Lord and that brings me to the second part of this name – Happy. When I do his will and walk in his ways I have peace and joy unspeakable joy. I can't tell you how happy I am each month as I sit at my computer sharing my life experiences, ups, downs, high's, lows and everything else in between with you in this E-zine. It's sheer joy. I hope you enjoy this issue.

Happy reading!

### **2. ASK COACH YVONNE**

**Q:** I'm a 60-year-old woman who doesn't look a day over 45. I've been posting my age as 50 in my online profile because I don't want to meet men who have one foot in the grave and the other on a banana peel. I want to meet men who have a zest

and vitality for life. I have a lot of energy and I'm very active. I want a man who can keep up with me. How can I avoid meeting an old fart?

**A:** Hats off to you for looking 15 years younger! Lying about your age is not an option. I think the Internet is a great way to meet people but it gets a bad rap because people lie about who they are. I don't think you want to contribute to that so here is what I recommend; post a current photo that shows you in your best light. If you look as young as you say you do, you should have no problem meeting a vibrant man. Be sure to highlight all of the activities that you enjoy in your profile. Because a man is older than you it doesn't mean he's about to die. Let's remove that thought from your head and replace it with a thought of maybe you don't need someone as active as you—maybe someone who is a little less active would bring a wonderful balance. Be open to the possibilities.

### **3. FEATURE ARTICLE: UNCOVERED**

Recently I watched the movie, The Banger Sisters, and was struck by issues related to honesty and authenticity that were illustrated well in the film. Suzette, played by Goldie Hawn, reminds Vinnie, played by Susan Sarandon, of her past life. Back in the day, Vinnie and Suzette rocked the worlds of every music legend whose pants they could take off, and they even had pictures to prove it. Susan and Goldie partied, drank, smoked and slept with the best of them.

Vinnie did an excellent job of keeping her past lifestyle a secret from her family until that one day when Suzette showed up on her doorstep with a few more tattoos and an increased bust line. Vinnie, now Lavinia, is a prim suburban mother, wife, and pillar of the community married to a rich lawyer living in a lavish and luxurious home. When her family meets Suzette, they wonder who she is and what she is doing in their home. They could not believe that their pristine mother would have a friend like Suzette. Vinnie had to come clean about her past, which she had been hiding from her family for 20 years. When you sell yourself with attractive packaging and presentation, you take a huge risk of causing disappointment or relationship failure as people/potential mates discover the real you.

Like Vinnie, you and I may have a past that we are not proud of but that's why Jesus died. Old things are passed away and behold all things become new when we enter into a relationship with him. We no longer have to live in bondage to our past. We can give our past to God and in exchange he will give us new life.

I know that we live in a very cruel, critical and judgmental society that makes it almost impossible for us to be completely authentic about who we are. But, I encourage you to ask God to give you the courage to be forthright. This is a step that affirms all of who you are, reduces the chances of your loved ones being shocked by startling news about you, and increases the safety in your relationships. The truth shall set you free!

Something to think about...

#### 4. **READING ROOM: LIES AT THE ALTAR**



In Lies at the Altar: The Truth About Great Marriages, Dr. Robin Smith addresses the unspoken needs, unasked questions, outrageous expectations, and hidden agendas that often linger beneath the surface of the wedding vows and appear later to cause power struggles, suffering, and feelings of hopelessness in marriages.

#### 5. **THINK ABOUT IT!**

"If you tell the truth you don't have to remember anything." Mark Twain

#### 6. **ABOUT COACH YVONNE**

Dating & Relationship Coach Yvonne Chase affectionately known as "The Single Woman's Cheerleader" is creator of the life changing course, Stop Looking, Start Attracting. If you liked this month's issue, you'll LOVE this step-by-step course, guaranteed to be the most complete and enjoyable guide to living the life you love and attracting the love of your life. Browse its contents and reader reviews now at [http://www.availableandhappy.com/sitedocs/classes\\_offered.htm](http://www.availableandhappy.com/sitedocs/classes_offered.htm)

Coach Yvonne also offers FREE articles, workshops, and other resources to help single women live the life that you love. Learn more now at [www.AvailableandHappy.com](http://www.AvailableandHappy.com)

#### 7. **WHAT IS MY MISSION?**

My #1 mission is to create a movement of Available and Happy Christian single women who celebrate living single. I want Christian single women all over the world to embrace living single, accept living single and take total advantage of this season in life. Our single years can provide unique opportunities that may not show up later in life. The time, energy, and material resources that we can devote to these opportunities - and the spontaneity and intensity with which we can do so - are typically much greater during our single years than they are after we marry and start families.

My #2 mission is to bring the climbing divorce rate to a screeching halt by teaching single women dating and relationship skills via the STOP LOOKING - START ATTRACTING program. This program will help you become clear about who you are, what you want and how to get what you want in your life and relationship. The first step in making a love connection is being the best, happiest most fulfilled YOU that you can be. Remember, **1 Whole Person + 1 Whole Person = 1 Whole Union!**

#### 8. **INVITE COACH YVONNE TO SPEAK**

Coach Yvonne is available to speak at your church, college campus, women's conference, singles group, human resources organization or other special event. She can speak on a variety of topics related to singles, couples, communication, dating, living single, improving work relations and so much more. Read what one organization had to say about Coach Yvonne:

"Yvonne is indeed a savvy single, high energy, polished professional and force to be reckoned with. She sets the atmosphere as an expert, taps into the need of the group and captivates her audience with her engaging presentation. To come in contact with Yvonne is to know and appreciate a strong Christian woman of faith who is living on purpose and utilizing her God given gifts, talents and abilities to impact and change the lives of single women all over the world. Yvonne has a powerful message that every single person needs to hear today!" Michelle Collins – Living Word Worship Center—Los Angeles, CA

"You did a great job on Wednesday. We loved your presentation. Your delivery made everyone in the room feel as though they were listening to their best girlfriend. You were funny, inviting and straight to the point. We look forward to working with you again very soon. " La' Tanya Martin – W.I.M.E.N

Send all inquiries to [coachyvonne@availableandhappy.com](mailto:coachyvonne@availableandhappy.com) or call (877) 7-RELATE (773-5283)

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