

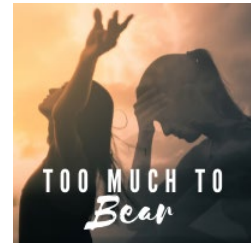
FOR IMMEDIATE RELEASE
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South Bay Bible Church Announces Community Event: Too Much To Bear: When Life Gives You More Than You Can Handle

Too Much To Bear is a ladies luncheon at South Bay Bible Church on Saturday, October 2, at 12:00 p.m. This event features a local woman's story of heart-wrenching trials to reliable faith. This event is open to ladies of the community, and it is free of charge as a community service of South Bay Bible Church.

EAST MORICHES, NY – Burdened? Overwhelmed? Stressed? What do you do when there's nothing you can do? The Women's Ministry of South Bay Bible Church, 578 Montauk Highway, East Moriches, invites you to a special event just for ladies on Saturday, October 2, at 12:00 p.m. This event, rain or shine, includes lunch, a time of fellowship, and a special message from Cathi Sudler.



Sometimes we become overwhelmed by the things we cannot control. The loss of a loved one, a terminal diagnosis, or an unfaithful spouse can be so staggering and paralyzing. Feelings of hopeless despair can overtake us and seem too heavy to bear.

Cathi Sudler was one of six children born to an interracial couple in the 1950s. After that, her mother's family disowned them. At the age of seven, Cathi's mom died. Cathi became a teenage mother at 15-years-old; then, her dad died two years later. Shortly after, Cathi was hospitalized from physical and sexual assault and was homeless and pregnant. That was just the start of Cathi's life.

Now, Cathi is a member of South Bay Bible Church and a faithful woman of God. She will share her story and how she came to and lived out her faith through some of life's worst trials. "Life is a tapestry with a very messy underside, but on the other side, God brings great beauty through those tangled threads," said Cathi Sudler.

About Cathi Sudler: Cathi is a widow and mother to four sons by birth, many sons from being a home of refuge, 22 grandchildren, and 1 great-grandchild. Cathi currently serves in full-time vocational ministry with Long Island Youth Mentoring, where she works with families and children in challenging situations. She seeks to serve as a constant reminder of God's faithfulness and power to heal. Her life verse is Romans 5:8, "But God demonstrates His own love for us in this: while we were still sinners, Christ died for us."

Please bring your Bible and your prayer requests. There will be a time to ask questions and seek wisdom for what you might be facing. There is no charge for this event, but please RSVP by September 27 at www.southbaychurchli.org/toomuch.

As a non-denominational Christian church, South Bay Bible Church was started in 2006 with the mission to lead people into a growing relationship with Jesus Christ. The church is dedicated to creating environments where people are encouraged to pursue intimacy with God, community with

insiders, and influence with outsiders. To find out more about South Bay Bible Church and their upcoming events, please visit southbaychurchli.org.

About South Bay Bible Church: South Bay Bible Church is a non-denominational Christian church known for Biblical messages applicable to everyday life. The church meets at 578 Montauk Highway in East Moriches, NY. The church's mission is to lead people into a growing relationship with Jesus Christ. Our service schedule includes three convenient times: Sunday morning at 9:00 and 11:00, and online anytime. A nursery and children's church are available. For more information, go to southbaychurchli.org, call (631) 909-8241, or find us on Facebook or Twitter @sbbcli.

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Note to editor: A full press page with graphics, logos, and videos is available at www.southbaychurchli.org/press. News media are invited to cover "Too Much To Bear" Please call ahead.

