



Cec is staying busy and is happy with the opportunities he's had lately.



Join us Tuesday evenings for our one-hour live show. We encourage you to call in with questions and comments.

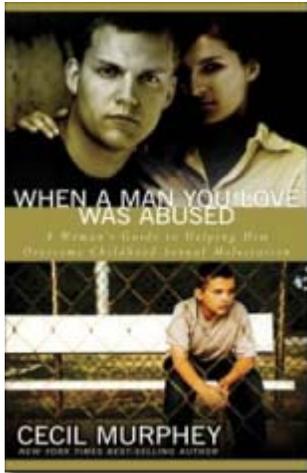
What I Say about Myself

People often tell me I'm transparent—and perhaps that's accurate. They don't realize that being open is part of my plan for self-growth and an important ingredient for me to tell others of my self-perceptions. I say it this way. "I know of myself only what I say of myself." I also believe that the more I know who I am, the more open I am to know and understand God at work in my life.

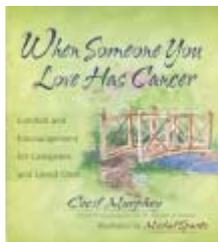
I can *think* hundreds of ideas about who I am—positive and negative thoughts—but they're locked inside me until I open my mouth and say the words. When I speak, I'm admitting to myself (and to anyone who listens) how I perceive who I am.

If the hearers smile or encourage me, that makes it easier to say more and gives me confidence to become more transparent. However, it doesn't matter whether anyone else accepts my words; what matters is that I say them and thus they become part of my self-definition.

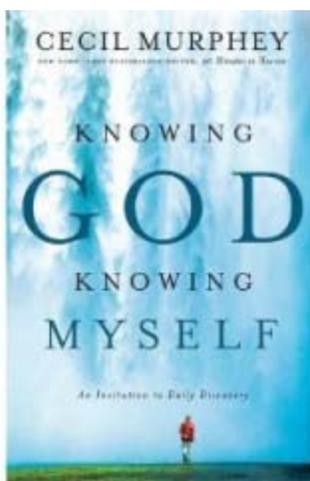
The words I speak about myself may not be true. For instance, I might say, "I'm a compassionate person." I may not be caring but it's something I've



The good news is that we're now reading and hearing about sexual abuse of boys; the bad news is that it happens.



October is National Breast Cancer Awareness Month.



Knowing God, Knowing Myself is

held inside my head for a long time. Once I make the statement, I admit to myself and to my listeners, "This is how I see myself." I may have to revise my statement or clarify, but I've declared my thoughts.

Regardless of the accuracy, when we confess aloud something about ourselves, we give credence to what we believe.

For example, I wanted to be a writer but it was difficult for me to identify myself as one. I had published four books before I ever said to anyone, "I'm a writer." I made that statement the first time to a man I had just met after he asked, "What do you do?"

"I'm a writer." As soon as I heard my own words, I realized I had finally said aloud the secret I had held inside for a long time. After that, it was easy to define that part of myself.

I'll never fully define myself—it's an ongoing journey. But the more I say about myself the more I know myself and the more I like who I am and who I am becoming.

Personal News

- Last month I spoke three times to The Healing Trust in Nashville—it's a group that works with sexually abused men.
- I'm scheduled for the Herman and Sharron TV show October 14 in Tampa. I also have several radio interviews booked for the month.
- On October 6, I'll do my first webinar for Kyria magazine.

scheduled to release in December, just in time to start the new year right.



Cec says, "There's Twila with her mouth open again." Twila says, "I can't help it. I'm the Gotta Tell Somebody Gal!"

- I'll speak and teach at the Southeastern Christian Writers Conference in Cleveland, TN, on October 22 and 23.
- November 1-2, I'll teach at a writers conference near San Antonio.

The Twila Zone—Words from my assistant, Twila Belk

If you just can't get enough of Cec, I invite you to join us Tuesdays, 7-8 p.m. CST/8-9 p.m. EST, beginning October 5, for our new [*Cec and Me*](#) one-hour live call-in show. We'll have a bit of fun and give you the opportunity to learn the inside scoop on Cec. And we'll dialogue about a different topic each week—sometimes tough topics.

In light of so much recent news in the media about lawsuits surrounding the issue of sexual abuse, and because Cec is a survivor and has written [*When a Man You Love Was Abused*](#), we'll discuss that topic during our first show. If you listen to the live streaming, call in with questions and comments at 877-864-4869. We'll also give away a few books. If you're unable to listen live, you'll be able to download the shows from the [Toginet](#) website.

If you're interested in sponsoring a show or advertising on *Cec and Me*,

[contact me](#) and I'll tell you how.

On Wednesday, October 6, 11 am-noon CST, Cec will do a [free one-hour webinar](#) for Kyria on identifying and overcoming abuse. He will discuss his own experience with childhood physical, verbal, and sexual abuse and how it affected his relationships and his faith into adulthood. He will also help church leaders, family members, and friends know symptoms to look for in someone they think may be abused, as well as appropriate ways to help in the healing process.

October is National Breast Cancer Awareness Month. Cec knows what it means to walk the journey of cancer with someone he loves, and he's written a beautiful, practical gift book called [When Someone You Love Has Cancer](#). If someone you love has cancer, or if you know of a caregiver who needs a bit of comfort, this book with Cec's spirit-lifting thoughts makes a nice gift.

Do you have a friend or loved one diagnosed with cancer? [Here are some practical things you can do to help.](#)

Links that might interest you:

[Cec and Me radio show](#)

[Cec's blog for writers](#)

[Cec's blog for male survivors of sexual abuse](#)

[Cec's schedule](#)

[Cec's webinar on identifying and overcoming](#)

[abuse](#) (October 6)

[Sailing Toward Success Christian Writers Cruise with Cec](#) (February 27-March 6)

[Southeastern Christian Writers Conference](#)
(October 22-23, Cleveland, TN)

[Writers Retreat with Cec](#) (October 31-November 2, Comfort, TX)

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