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A Brief Biography of the Author, Cindy Lee

Born in a small town in northern Ohio near Lake Erie, Cindy Lee moved with her family to the Susquehanna Valley when she was only a few years old. Living in rural East York through her school years and the York/Hanover areas as an adult, in 2001 she took a “leap” and moved to the Lehigh Valley (Allentown area). Now she is back in Hanover and loving it.

At the vulnerable age of 12, her parents separated and subsequently divorced. She lived back and forth between her mother and father for the first few years; eventually to live with her single mother until her first marriage. Those years in themselves were destabilizing, contributing to events later in life.

Going to Central York School District and graduating from York County Vo-Tech she was somewhat of a shy person. Getting married almost immediately after high school, she soon found herself expecting a first child. Her son Samuel was born in July the following year. A year later, the marriage failed and thus began a series of bad relationships, 2 more divorces and 2 more children; daughters Angela and Melanie.

To cope with stress and turmoil, Cindy turned to alcohol and drugs. Although still able to function at some level, with her mental state deteriorating, she was admitted into several psychiatric facilities starting in 1985. In that same year, she was diagnosed with breast cancer which resulted in a mastectomy. Her mental state evolved to almost total incapacitation. After several years of counselling, in 1987 a diagnosis of Bi-Polar Disorder was handed down which led to proper medication and treatment. Although Cindy continued to drink, her drug abuse had stopped a few years prior. In December of 1989, after a complete alcoholic “meltdown” and a suicide attempt, hospitalization was again the only option to treat this relapse. This time, something was different. In complete and total surrender, she asked God for help. He immediately embraced her, pulled her out of the miry clay, and turned her around.

He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. Psalm 40:2

The years that followed were not easy. Even though sober and in a better mental state; the propensity for getting into bad relationships with men continued. With continued therapy, she learned that she was a person of value and deserved to be treated as such. The realization that God loved her, no matter what, and forgave her, no matter what, was also slowly sinking in. Healthier relationships began to form. Having already caused immeasurable pain to her children and family, it was only the strength of God that kept her sober and sane. Eventually she was able to repair her relationships and grow in faith.

Why the move to Allentown? In 2000, the man in her life died unexpectedly. There is a saying in AA, "If nothing changes, then nothing changes". In 2001 an opportunity arose for a big change. Her children all grown and on their own, she packed up and moved to Allentown. There she became her own person for the first time. She met and married her now husband of 11 years, Rick. She found a church where she became involved in everything from the children's and women's ministries to being editor and chief of their newsletter while also working outside the home. Most recently, prior to moving to Hanover, she worked part-time at several churches as a secretary and a bookkeeper.

Why the move to Hanover? Her husband retired in 2012 after driving truck for over 40 years. However, the home they were in was becoming a money pit and both he and Cindy had to continue working to keep up with expenses. (Cindy at one point working 3 part-time jobs.)

Early in 2015 they began looking into options, moving seemed to be the best scenario. Although Rick had lived in the Allentown area all his life, he enjoyed coming to visit in Hanover. (Cindy's grown children and nine grandchildren now live within minutes of her.) Rick had stayed in the Allentown area as most of his family was there. However, various circumstances had them moving out of state. He was ready for a change as well. After what seemed like an eternity of cleaning out and packing, in June of 2015, Cindy and Rick became apartment dwellers. They love the carefree living they have achieved together.

Now Cindy Lee works part time from home as a Virtual Executive Assistant. Rick is retired completely and does volunteer work three days a week, driving a box truck, for the local food pantry.

With more leisure time, Cindy has been able to spend time indulging in her passion for writing and spreading the word of God. She is also more available for her children and grandchildren. She often recounts her life experiences to them to illustrate how even the worst situation can be overcome with the help of God.

In August of 2016, after 30 years cancer free, Cindy was diagnosed with Hodgkin's Lymphoma. Following 6 months of chemo therapy, she is in remission. Her free downloadable "You CAN get Through IT! - Five things you need to know about you!" is a guide she wrote, and used, to get through those long months.

Take a few minutes to visit her website. You can download "Got a Thorn" and "You CAN Get Through It! - Five things you need to know about you!". Connecting the Light is a FREE web ministry. Cindy's only desire is for you to see God in your life and know that He loves you and is with you always.

"and, lo, I am with you always, even unto the end of the world." Matthew 28:20b

Note: This brief biography only begins to touch the surface of Cindy Lee's life. There were many years of deep anguish, depression and dysfunction to overcome. She did it all through the power of prayer and the strength of God.