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## 2016 March Newsletter

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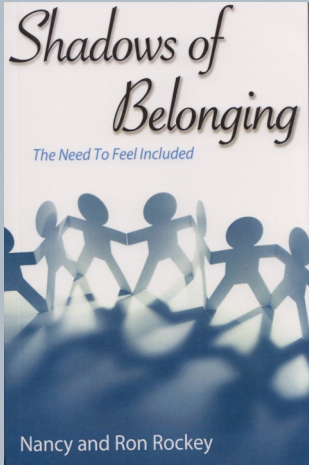
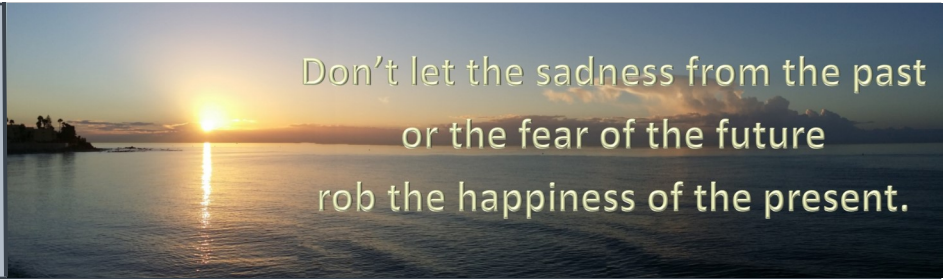
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March 2016

*If Your Teachable, You're Fixable*



## Hear Ye!!! Hear Ye!!!

### New Book & Workbook Available

Do you long for closeness but can't seem to get there? If you have a "good" relationship, wouldn't you like for it to be a "great" one? Are you feeling left out because no one has come along who finds you attracting enough to consider connection? Does your busyness crowd out time and interest in a deeper relationship? Has God just not looked down in compassion and sent along the "right" companion to you? What is it that seems to thwart what you were designed to experience? What style of connections do you have—distant or surface, clinging or anxious or confusing (sometimes clingy and other times fearful of closeness?)

In the human mind and heart is placed the desire to belong—to be connected deeply, closely with at least one other human being. This is not only a connection that includes sexual union, but one that unites heart with heart, and mind with mind. God placed that desire within us so that we would have that kind of association with Him.

You can transform your connections into secure and fulfilling ones! Knowledge is power, and this book will set you up to first understand and then do what's necessary to transform your relationships. Do you long for closeness but can't seem to get there? If you have a "good" relationship, wouldn't you like for it to be a "great" one? Are you feeling left out because no one has come along who finds you attracting enough to consider connection? Does your busyness crowd out time and interest in a deeper relationship? Has God just not looked down in compassion and sent along the "right" companion to you? What is it that seems to thwart what you were designed to experience? What style of connections do you have—distant or surface, clinging or anxious or confusing (sometimes clingy and other times fearful of closeness?)

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You can transform your connections into secure and fulfilling ones! Knowledge is power, and this book will set you up to first understand and then do what's necessary to transform your relationships.

**Introductory price: \$10.00 for book (reg \$13.99) \$10.00 for workbook + S&H**

**To get the special introductory price, call 575-336-8095 and mention you saw this in the newsletter. We will send you a link to pay through paypal with this price instead of the website price.**





# Scripts



Stories are not just in books or movies. Stories are found hidden in every person, and each one's story is different because it is created through ears, eyes, atmosphere, mind and heart – their own experience.

In the preparation of a biographical movie, the subject's story is written into a script. Our stories develop into scripts of our making, not necessarily totally true, but they become our truths the more that we rehearse them.

Ron and I watched a movie last night entitled "Peaceful Warrior" – great to watch if you haven't seen it! Based on a true story, the film demonstrates how a young man's life, his dreams and desires, his easy anger and confrontational style, were based on a script that he had formulated by his perceptions of his early life with his parents. While seeming to succeed in the athletic world, his script and his reaction to it kept sabotaging the fulfillment of his dream, with him nearly deciding to end his life. His sense of self and his confidence were being diminished and controlled by the script from which he functioned.

Scripts are neither true nor false – they just are! Unfortunately the more we allow them to play in the tape recorder of our minds, the more real they become, kind of like a self-fulfilling prophecy.

Like the young man in the movie, the more frequently we play the script and behave through it, the more hormones are produced in our bodies, causing us physical difficulties and abnormalities. They even discourage us to the point of resigning ourselves to misery or ending our own lives to escape from them. In this situation we become victims. We live and breathe the behaviors of fear (anger, sadness, isolation etc.) and fear paralyzes us and predicts its own end. We'll end up with what we fear!

**Living in fear is not living in the present.** We are either living in the past as we rehearse the script over and over again, or we live in the future – the fear of what will come, based on the script we cling to.

## WHAT TO DO?

Well, the principle is this:

By changing the script and our view of it, and eliminating the behaviors of fear, which will occur as the script changes, we can begin to live free of the past and unchained from the future that our minds are fashioning.

1. Look at the behavior patterns you have developed out of your scripts. These patterns include feelings you are glued to and thoughts that are being enlarged your mind.
2. Choose to redevelop your scripts from your old stories. You can replace negative junk in your mind with the multitude of promises in God's word. With His help you can move from viewing your past as a child, wanting everyone (or specific people) to "fix" you and make you "all better."
3. Advance to look at your script as a young person, who provides excuses for the players and resigns themselves to an ever-present difficult past.
4. Finally, if you choose to continue the maturing process, you'll begin to see your stories through the eyes of a loving and forgiving God, who knows all about your hurts and those who hurt you. He also knows the pain **they** were carrying and distributing to you.

The majority of the illnesses and difficulties we face are brought on by the frightening stories of our beginnings and the scripts we've created from them. They have caused us to live in "Survival Mode." Doing so affects our Autonomic Nervous System, making us either anxious or basically numb.

These outcomes in our minds are transferred to our bodies, and we become emotionally distraught or uneasy, anxious and/or physically sick.

- What life scripts have you written and chosen to live by?
- How are your scripts impacting your daily life?
- How are your scripts impacting your physical health?
- How are your scripts impacting your relationships?

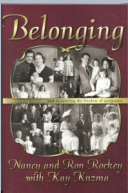
Tell yourself the absolute truth! Then reach out for the help that is available to re-write your script . . .

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* Philippians 4 : 6-7

#### Additional texts to explore:

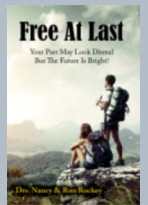
Matthew 6: 25-34      Luke 12: 25      Hebrews 13: 5  
Matthew 22: 37-40      Philippians 4: 8-9      Romans 12: 2  
Luke 10: 21      1 Peter 5: 7

## Useful Tools to Help You Re-write Your Old Scripts



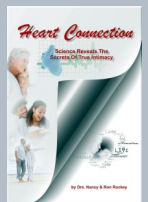
In their lifelong search for truth and emotional healing, Drs. Nancy and Ron Rockey confronted their greatest fears from the past and discovered the courage to break free of the chaos and suffering they have endured. *Belonging* is based on biblical principles and will set readers on the road to unearthing the source of their personal dramas, which in turn will lead them to a deeper understanding of their own needs and God's ultimate healing.

Sam, a convicted killer, Ron, an ex-con who lived as a loner from his infancy, Rick, an alcoholic, Mike who thought that his beginnings were perfect, and several others, illustrate through their stories, how we develop thinking patterns and behaviors that hurt us and others. What is it about our beginnings and about even generations before us, that sets us on a path to illness, poor relationships, criminal behavior and perhaps even early death? You'll find the answers in this book. AND... you'll discover HOPE -



What will surprise the reader is the depth of the negative wound one receives when rejected. With the light of this information applied to a rejection wound, and the method for healing used, life takes on a whole new direction. Instead of looking for and finding the shadow of rejection "under every rock," the tools offered in this book will allow one to discover the light of needed acceptance

*Heart Connection* gives practical principles and theories that can transform your relationships from messy and mundane to ones that are wildly alive and beating with human passion and God's vibrant love. All of your relationships can experience this longed-for change because new science says that even our DNA is changeable – fixable – just like you are!



[Order these books online here](#)

# Thoughts From One of Our Readers

A sermon about LOVE, ☞ God's Love, was the topic this week in church.

It was inspiring beginning with God's love for us - undeserved, yet because He IS LOVE, we are loved - not when we are "cleaned up and made pretty" and "doing all the right things" but when we are created! Just as we are .. pretty amazing!

I KNOW this, but do I believe this .. all the time? Do I "feel" this in my heart? Sometimes I do, but it doesn't need to be sometimes as it has nothing to do with what I do or don't do, the way I feel or don't feel.. I need to remember that!

## **I am loved! Period!**

When I truly believe (in all circumstances) that, when I feel loved, then I can pass that love on. It is available and the supply never dries up and the more I give away, the more I will be filled. And because I am loved, God wants me to pass this love on .. not only to my friends and family I love (as this is rather easy), but to everyone I meet, to those who are hard to love, to those I "judge" not worthy.

Oh how I need to get rid of that automatic judgment that just pops into my mind when I see someone different, that I don't "approve of" and because they don't dress like me, don't behave like me, and maybe make me feel uncomfortable, fear or disdain takes over ~ and my head rules ☞rather than my heart! Ugh.. and we all know that never works out well because the head is cold and calculating and into survival mode and the heart ☞ is warm and caring and just loves ... drawing in those around us, just as Jesus draws us to Him, comforting and accepting us, "as is."

If we loved like Jesus, we would be like the Pied Piper - people could not help but be drawn to us and want to be around us often.

So given this awesome love that is meant to be shared, this "love letter" from God ~ Do we selfishly keep it all to ourselves and hoard it .. or pass it on? Do you think there's somebody out there who is waiting for that "love letter" and hasn't received it yet?

So I ask myself, "Has God given me a Love Letter ☞☞ today and in days past that I've ignored and haven't given away? Is it stuffed somewhere not seeing the light of day and shriveling up in the darkness?

How many people are still begging for a sign that there is hope and acceptance and love? Love needs to have "skin" on it and that is something we can do when we open ourselves to the endless supply of love that God bestows on us!

I promise to be more aware of those around me "out there" past my intimate circle of family and friends. It won't always be the first thing I think of, yet I ask God to make it a priority so it will become automatic and free-flowing .. so I don't have to think about it!

Go and love ....

Grateful Donna

# Small Groups in Your Area



## **Alaska - Anchorage**

- Contact: Ron Latsha
- Phone: 907-842-5653

## **Alaska - Fairbanks**

- Leaders: Adrienne Lee

## **Canada - Canadian University**

- Leaders: Wanda J Johnson
- Class: The Journey
- Contact: Wanda
- Phone: 403-392-7093

## **Canada - Nanaimo, Vancouver**

- Where: Prison

## **Colorado - Canyon City**

- Where: Canyon City SDA Church
- When: Tuesdays, 4 pm
- Leader: Fonda Harris
- Contact: email

## **Colorado - Denver**

### **Colorado - Longmont** (30 miles N of Denver)

- Leaders: Matt & Amy Miller
- Contact: Matt, Amy,

## **New Mexico - Ruidoso**

- Class: The Route
- Where: Private Home
- When: Sabbath Afternoons
- Contact: 575-336-8095

## **Oregon - Newberg**

- Leaders: Sherri Mahurin
- Contact: Sherri

## **Oregon - Portland**

- Class: The Mode
- Where: Healing Hope SDA Fellowship
- When: Thurs, 6:30 pm
- Contact: 503-253-8595

## **Texas - El Paso**

- Class: The Journey
- Where: St. Clements Anglican Church

## **Wyoming - Cheyenne**

[Contact the Rockeys](#) with your questions and/or comments