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## 2007 July-Newsletter

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# Life Renewal Institute Newsletter

Vol. 8

251 Stenton Ave., Plymouth Meeting, PA 19462

July 2007

*"Nobody can go back and start a new beginning, but anyone can start today and make a new ending" – Maria Robinson*

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## Editor's Corner:



Growing up, I saw my destination as being an awesome wife, a stay at home Mom, growing old together with my spouse, and enjoying the grandkids in the process. Of course, I would have the perfect marriage, and the best kids. I wouldn't ever let any of them get hurt, or

suffer any pain. Through the years the destination got pretty fuzzy and confusing. I was failing miserably and things weren't turning out the way I had planned. Instead we were living in chaos, insecurity, and pain a good part of the time. Seven years ago, I spoke with Nancy at a Women's Retreat. I was initially angry when she kindly suggested I needed to work on my recovery and not worry about anyone else. I saw the problems as stemming from other family members. Desperation led me to follow her advice, however, if only to find tools I could pass on to others. I quickly began learning I needed the tools for me. What an amazing journey it has been and continues to be!

We are so excited about the 4th and final segment of The Journey – *"The Destination"*. Even though it is still in the writing and production stage, we wanted to let you know what was coming. It will be an awesome finish to the other three segments of The Journey. The article in this Newsletter, *"Where Are You Going?"* by Ron and Nancy, gives you a glimpse of what you can expect from this segment. Don't put off beginning to change your destination to one of hope. Get started in one of the other three segments now, so you will be ready when The Destination becomes available. [Click here](#) to find a group starting in your area. If you would like to facilitate a group, check out our [training videos and resources for facilitators](#).

You can reserve your copy of *"The Destination"* videos [here](#), or by calling 1-888-8000LRI (1-888-800-0574).

Audrey Woods



## Kay's Story

*By: Kay Noble*

I hung up the phone. The conversation was over. But the rage inside boiled over like lava oozing its way down the sides of the volcano destroying everything in its path. The subject of the argument is insignificant. It was the ongoing pattern.

My 16 year old son was making his way up the stairs and I let loose. "Further more young man, if you don't get back down stairs and clean up that room like I told you...." It was like an ongoing vomit of refuse.

"Oh, I get it," he said. "You're mad at Dad so Rachele and I are gonna get it for the rest of the week."

It was like being stabbed in the heart and the knife wrenched out again. "Oh Lord, please tell me I'm not taking my anger out on my children," I prayed. But, the truth was, that was exactly what I was doing. I vowed this would not be the legacy I left them. I had to find help.

Next Sabbath, a man who was new to our church was raving about this seminar called "Binding the Wounds". I signed up immediately. After the summer, I joined a class with 3 other ladies. Together we plowed through the workbook alternately laughing, crying, praying, and supporting each other. Since the year 2000 I have attended or facilitated one or two "Binding the Wounds" or "The Journey" classes a year and attended the yearly live seminar in Portland. At each event I gain new insights about myself. For the longest time I wondered if the changes would ever be evident to anyone besides me.

Then one day, my daughter was sitting in the living room with several of her friends while I was preparing food in the next room. I was listening to them carry on about the things they disliked most about their parents. When my daughter chimed in I cringed. "I hated anytime my Mom went out to the school or church. She was always yelling and ordering people around." I was mortified! "Now she's my best friend."

How faithful and good God is to each of us and our family when we do our work genuinely and faithfully. He will make us new inside and out. I encourage each of you to take up the challenge to be all you can be in your journey here on earth for the benefit to yourself, your family and your community. You'll be glad you did.

## Announcements

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Check out the weekly [blog](#) postings. Blogs for this past month were:

- [Creatures of Habit](#)
- [Mountains and Valleys](#)
- [Adult vs. Child – What is the Difference?](#)
- [Lessons](#)

Want to refresh your facilitator skills, or are you thinking about facilitating a group for the first time? [Click here](#) to download any of the following videos and get started with the training you need.

- Facilitator Training – Introduction
- Facilitator Training
- Demo of a Small Group in Action
- What I've Learned as a Facilitator

Watch for continuing updates on the completion of *“The Destination”* – the 4<sup>th</sup> segment of The Journey.

*Are you going to be at ASI Convention*

*Aug. 1-4?*

*Stop by our booth and say hi.*

## Where Are You Going?

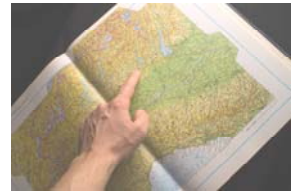
*By: Ron and Nancy Rockey*

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The kids are out of school, you have three weeks saved up and you want to go on vacation. But to where? Do you dream about far away places like Tahiti or Singapore or maybe even Europe? If your pocketbook or bank account is full, then perhaps you can afford to take all the children to one of those romantic destinations. But if money is scarce, then perhaps a camping trip to a state park not far away is the better option.

We travel so much that when we consider a vacation, we have a hard time deciding where to go, and often just want to stay home. There have been times when we KNEW where we wanted to go – like our few trips to England and one to Scotland. And once we were there, we took day trips on interesting back roads to scenic seacoast villages.



Back thirty years ago however, we were certain where we wanted to get to. It wasn't another city, a different country or an exotic island. We wanted to get to a place of peace! We were exhausted from working hard just to survive our marriage. We needed a vacation from the anger, the sadness and tears and the constant disagreements we endured. Our poor children were wishing for a rest from it all too, we're sure! But how in the world were we going to get to our desired resting place – our destination?

**Always when there is a deadline looming in front of us, we make a choice.** Whether it's right or wrong, we will make a decision, and we'll suffer the consequences later or we may get to enjoy the right choice. There was a deadline ahead of us alright – a divorce. Ron was fed up with it all, and if we didn't do something, Nancy's health would deteriorate further to a near death state. Being the “think ahead – always be prepared” Boy Scout that he was, Ron decided that he would have to have a new career. Back then, no one was hiring a divorced Pastor, so he enrolled in Antioch University's program for a Master's degree in Family Therapy. He figured that if he couldn't fix his own marriage and family, perhaps he could fix someone else's. At that time, his destination was “out of the marriage and into a new career.”

Amazing, but **God had other things in mind for us!** His destination for us was much different than our own, and that's a good thing. One class period into his Master's program, and Ron took a detour. He dragged me (Nancy) to the school, registered me for the class: Emotional Growth of the Family, and we took front row seats in Harvard's Longfellow Hall. I'll never forget Dr. Joan Goldsmith, our professor, leaning over the podium and announcing that there were 84 students in the class and one married couple. Then she looked straight at us and told us that chances were good that our marriage would not survive that class. I was horrified!

“Can we leave now?” I asked Ron. “Make it or break it, Baby,” he replied as he took out his pen and opened his notebook. I suppose he figured that Dr. Goldsmith could take the blame for our impending divorce. At that point, Ron still thought that he was in charge of our destination, and it was to single-parenthood ahead.

About halfway through the class, our destination changed because we began to see **HOPE** – a light at the end of the tunnel. Maybe this knowledge can begin to turn us around and we can fulfill the dream of ministry we had when we began our journey together, we thought. At that point, we set our sights toward marital peace and harmony, and have never taken our eyes off the goal. Regardless of how much we have changed, how our relationship has been transformed, we still keep moving forward toward greater oneness and deeper love for each other. As we succeed on our journey, our ministry and those whom it touches, have benefited. We maximize the benefit by sharing what we have learned with others and by thoroughly enjoying the work God has given us to do and the deepening love we have for each other.

The 4th Segment of the program entitled The Journey, is called “**The Destination**”. It isn’t referring to a place but to a state of being. In the previous three segments, The Passenger, The Mode and The Route, participants looked at wounds received and experiences they have endured that have cluttered their path, preventing them from experiencing peace, love, joy and healthy relationships. In The Destination, they look at other things that can be roadblocks on their journey to the life they want to enjoy.

Each person is born with several sides to their personhood – a physical, an emotional, a social and a spiritual. Many people however, are not at all in touch with their spiritual nature, and may not even know what it is.

**Spirituality is about relationship and growth.** It is about connecting with a spouse, your children, your extended family, your friends and with God. Actually, **spirituality IS our destination.** It is that connection that warms the heart, comforts the soul, soothes in times of distress and brings joy in the present and hope for the future. It creates a sense of being whole, complete. Sometimes however, clutter gets in the way and becomes a stumbling block to the destination we seek. The Destination identifies roadblocks and offers success secrets to the development of your spiritual nature.

**Chapter and Lesson One focus on maturity.** In this chapter, you discover if you are emotionally developed equal with your chronological age. Immaturity is a major roadblock to success in relationships, albeit one can be successful in a career while being emotionally stunted.

**Chapter and Lesson Two take another look at your beginnings** – new science about your time in the womb. Without memory of that period of time, thought patterns and behaviors that stem from those nine months can be confusing.

**Chapter and Lesson Three take readers on an journey inside the brain** with a look at the positive and negative attributes of each of the quadrants of the brain. Each person has one quadrant that functions with greater ease, and that particular giftedness impacts how you perceive and function in life.

We don’t want to give the whole “store” away, so we will just tell you that the rest of the Chapters and Lessons identify clutter, help you to clear it away, and open the way to a view, not just a faint light at the end of the tunnel, but a bright rainbow of promise for your future and confident expectation (hope) for all your tomorrows.



If you haven’t experienced The Passenger, The Mode or The Route, you will want to make sure to do so BEFORE you head into The Destination! You have nothing but time on your side, support in your group, knowledge that will help you to undo the negative influence of the past, and the promise of a better life as you progress on The Journey.

## Upcoming Events

<u>Date</u>	<u>Place</u>	<u>Seminar</u>
Aug. 1-4	Louisville, KY	Booth @ ASI
Oct. 12-14	Jacksonville, FL	Attachment
Nov. 3-4	Walla Walla, WA	Abuse
<b><u>Coming 2008</u></b>		
Jan. 26-27	Santa Rosa, CA	Acceptance
Feb. 9-10	Portland, OR	Abuse

[Click here](#) for more details or to register.

## Coming Soon

- Event planning tips and materials
- Group discussion aides
- Facilitator training Power Point

# The Silence of Tears

By: Leslie Gaddis



*I've always wondered why, when you start to cry  
It feels like you start to slow down time.  
Every second, every minute, every clock, every digit  
The pain that was inflicted replays in the mind.  
If you ever pay attention and stop reminiscing  
On the past pain and just start to listen...  
What do you hear when tears appear?  
And what do your tears say?  
Do they say, "Hey... your happiness is gone  
And everything that you try... always goes wrong."  
No... listen harder... think a little deeper...  
Sometimes silence, can be the best teacher.  
Maybe tears are silent for a reason.  
And sometimes just as important as breathing...  
Because freeing them just causes an agreement  
Between the heart and spirit... an emotional achievement.  
Without any words, tears bring a meaningful lecture  
Bringing more than words... brought by any picture  
Tears of pain; Tears of hope; Tears like rain; Tears that  
soak  
Any frown... without a sound completely quiet when your  
down.  
Just think about this when the time is near.  
Think about the meaning of The Silence in Tears.*

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## Facilitator's Corner

Each individual in a group has a particular and unique personality style that has been shaped by the lifetime of their experience.... As the group gets into conflicts, the elements of group dynamics and personality style need to be taken into account by the facilitators of the group.

### Getting to know yourself:

It is important to make, even at a surface level, some determination about yourself and how you are likely to affect the group dynamic. Ask yourself : Do I talk a lot, or

very little? ... Do I listen to others well, or am I impatient having to listen to others? .... When others speak, am I listening to what they say, or thinking about what I am going to say? Am I quick to anger? Am I defensive or accepting when someone talks about my behavior? Do I ramble or am I a bulleted list sort of person? What makes me annoyed? What makes me feel good?



### Active listening:

Active listening is a skill which enhances communication. In active listening you listen carefully, then paraphrase back what you heard, with the goal of supporting and drawing out the feelings of the speaker. When this is done well it validates a persons feelings and encourages him or her to fully communicate. The goal of active listening is to help clarify the feelings and thinking behind the words. When active listening is applied it creates a supportive bond between the speaker and the listener. Because there is no threat of criticism or judgment, the speaker is encouraged to express feelings honestly.

The important thing about active listening is that it is not intended to change or alter the feelings of the speaker, only to support them in expressing their feelings. When you try and advise or change the message the speaker gives, it forces them to defend themselves, which often causes further denial of the feelings and experiences....

One of the special difficulties in active listening is when the listener is called on for decisions, judgments or evaluations. Often what the speaker is doing in this situation is trying to pass the buck, and disguise or mask the expression of feelings. In active listening it is best to try to identify the emotional context of the question and leave an opening for the speaker to say what is really bothering him.....

In effective active listening the goal is to convey back to the speaker that we are seeing things from his or her viewpoint. The listener must look for and respond to feelings. Not all of a message is in the words so non-verbal clues can help the listener be aware of the speakers feelings.

(Excerpted from "Interpersonal Relationships and Conflict Resolution", by Rob Sandelin, Community Resource Guide 1997)

<http://www.ic.org/nica/Process/Relation.html>

## Your Turn

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**Fear** – an emotion experienced in anticipation of some specific pain or danger, to feel anxious or apprehensive about a possible or probably situation or event.

[Click here to watch this video](#) and give your feedback. What/How do you feel? Have you ever felt like this? Do you have a story you would like to share with others? Looking for a way out of your fears? Please respond to [audrey@yourLRI.com](mailto:audrey@yourLRI.com) or start a discussion on [LRI Connect](#). See details below on how to get started.

## LRI Connect

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Want to get involved with an online discussion/support group? Want to meet others who are going through some of the same things as you? Join [LRI Connect](#); a discussion forum where you can voice concerns about life issues, and receive advice and feedback from other LRI participants. If you haven't joined us there yet, please do so. There are 5 forums with multiple topics under each:



**Some of the topics include:** marriage, friendships, major depression, ended relationship, drug abuse and addiction, divorced/forgiven, rebellious children, verbal abuse, physical abuse, for women only, for men only, and more.

If you don't see the topic you are interested in, you can post a new topic in one of the 5 categories. You will need to register the first time. For privacy and confidentiality of all LRI members, please sign up with a username other than your real name. [Click here](#) to get started.

**WELCOME:** to our new friends from [My Space](#). Thank you for adding us. We enjoy meeting new people. If you have a profile on My Space but haven't added us yet, we would love to have you as one of our friends. Send us a friend request. On our profile you can read our blog, watch videos, send us messages, read and post comments, and meet other friends who are interested in recovery. Help us meet new people. Tell your friends about our profile.



**\*\*\*\*** Want to put a link and small banner like this on your My Space Page? Copy this code and paste into your profile where you want the link to appear.

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<A  
HREF="http://www.msplinks.com/MDFodHRwOi8vd3d3LnlnvdXJscmku  
Y29t"TARGET="_blank"></a><  
br>Where knowledge merges with understanding, creating hope and  
change.<br>
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\*\*Note: All pictures used with permission

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