

9-2007

## 2007 August-September-Newsletter

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### Recommended Citation

Rockey, Nancy, "2007 August-September-Newsletter" (2007). *Life Renewal Archive*. 9.  
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# Life Renewal Institute Newsletter

Vol. 9

251 Stenton Ave., Plymouth Meeting, PA 19462

August/September 2007

*"Each time we face our fear, we gain strength, courage and confidence in the doing" – Unknown*

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## Editor's Corner:

As a young adult, I believed that I could and should handle any crisis that would come along without asking for help. My goal was to show I was independent, and self-sufficient. I was a caregiver who took care of everyone else, but couldn't ask anyone to help me. If I did, I would then be putting them out and/or admitting that I wasn't capable to take care of things on my own. I was all about wearing the mask. Proving I had it all together. When my marriage was falling apart, it was over a year before I even told my folks what was going on. It seemed to me that it would be the ultimate admission of failure.

Going through *Binding the Wounds* was what gave me the courage and permission to stop living behind the mask and let people see the real me. I am now learning to seek support and/or help when faced with a crisis.

In the article, "Reactions to a Major Crisis," Ron and Nancy talk about some of their crisis experiences and ask for you to share yours. I look forward to hearing from you at [audrey@yourLRI.com](mailto:audrey@yourLRI.com)



Audrey Woods

*"When I stand before thee at the day's end, thou shalt see my scars and know that I had my wounds and also my healing"*

*Rabindranath Tagore 1861-1941*

## A Note From Ron and Nancy



Recently we attended the ASI Convention (Adventist Laymen's Services and Industries) in Louisville, Kentucky. The city, while being quite attractive, was hot and sticky, but the Convention Hall's cooler

temperatures were welcoming!

What a great deal of fun it was to meet old friends and new at our **Life Renewal Institute** booth and as we schmoozed around the Convention Hall and visited other booths. People came from far and wide, signed up for our e-newsletter, and learned about *The Journey* from one of our staff. **Audrey**, our Administrative Assistant, was there to hand out brochures and encourage folk to sign up for the newsletter. She became quite the expert at explaining the qualities of the recovery process and the successes that *The Journey* is having around the U.S. **Vic**, our Manager, helped people to understand just how *The Journey* can be a wonderful outreach for the churches to reach their communities with hope and healing, and how it can financially benefit a church rather than drain funds. He also had the calendar for folks wanting to schedule a seminar. **Chana**, our Customer Service Representative, greeted people warmly, offering our give-away pens and bookmarks to visitors, and encouraging them to sign up for the free e-newsletter.



It was a thrill to have scores of people come by the booth and tell us how beneficial our recovery program, *Binding the Wounds* had been to them, or to share



the enhancement of their marriages, because they chose to take the *Created For Success* course for engaged or married couples. Many shared how our book, *Belonging* had benefited them or others to whom they gave it.

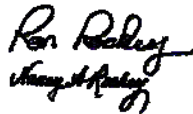


Seeing old friends is always a thrill. John and Millie Youngberg, Lynn and Mike Ortel, Chauncy and Linda from the Media Center, as well as its president, Marshall Chase, the Pacific Press President and crew, Prison Ministries, Mark and Tennie Finley, The Herbert Douglass's, Paul Damazo, Diane and Larry Brown, Victor

Moreno, folk who had sponsored seminars in the past, and many other precious friends.

What a thrill to meet a team from the Czech Republic and from Finland, who plan to incorporate *The Journey* in their outreach work! What fun to meet and share with the Ron Woolsey's, and to enjoy their nearby booth, where occasionally we got to hear awesome marimba music. Thanks, Ron! We were amazed by the team from EXPO who are running a Health Ministry in Portugal, and many who are ministering to orphans, to the hungry and abused in many foreign lands, bringing them the Good News as they minister to the needs. A booth near us ministers to Asian countries, and another to children in Africa. So much good being done for so many!

To those of you who were there and are receiving this newsletter for the first time, thank you for visiting our booth! We pray that our newsletters will benefit you, and that you will considering participating in *The Journey* - the journey of a lifetime that will improve every day and your relationships.



## Announcements

Due to travel, speaking engagements, and ASI Convention we missed posting some blogs. Listed below are the ones that did get posted:

- [A Simpler Way](#)
- [Getting to Five](#)
- [Hold Someone's Hand](#)



If you are starting a group this fall, please be sure to post it on the web so that others know where to find groups in their area. If you are not registered yet as a facilitator, [click here to register](#) first. If you are already a registered facilitator, [login](#) and then go to "Your Groups" and click on "Add a Group". Once your group begins, be sure to come back and "Add Attendees" with name and email addresses. These groups are confidential so we ask that you have your attendees' permission before adding them online. Their info will only be seen by LRI staff.

\*\*\*Note date change for Portland, OR seminar under Upcoming Events.

## Groups in Your Area

<u>Begins</u>	<u>Place</u>	<u>Segment</u>
Sept. 8	Calistoga, CA	The Mode
Sept 10	Vancouver, WA	The Mode
Sept. 17	Portland, OR	The Mode

[Click here](#) for times, and contact info.

## Reactions to a Major Crisis

By: Ron and Nancy Rockey

It's scary to turn on the evening news anymore! An inner city, interstate highway bridge collapses across one of the busiest and swiftest running rivers in the country. Seeing pictures of it on television makes the bridge look like a

Great Dane came racing through the house and knocked over Tommy's tinker toys or erector set! But for the people of Minneapolis, this is not child's play gone amuck. This disaster can't be picked up and put back into a box. The collapse is on a much larger scale, taking with it the lives of men, women and children who just happened to be in their cars on the bridge when the rumble, the sway and the crumble occurred.



Just yesterday, five miles from our summer retreat, a medivac plane picked up a mother and her fifteen month old daughter, for an emergency flight to an Albuquerque medical center. It was 10:30 pm when the plane, with a pilot, a flight nurse, a paramedic, the young patient, and her mother took off from the airport for the forty-five minute flight. Almost immediately, that flight ended in flames as the plane plummeted down among the tall pines just four miles from the airport.

Tragedy and heartbreak is everywhere. A caring mother and her four year old, who I met on a cross-country flight, were traveling the distance to say goodbye to her military husband, who is bound for Iraq. How does she handle the concern and fear that he may come home injured or not come home at all?

An older couple married for a lifetime, encounter a medical crisis – a stroke, a heart attack or a diagnosis of cancer. What is their response to this predicament? What will their future hold? Will one be nursing the other, and will the illness prevent them from enjoying life as they knew it before?

How do you react to a major crisis? When the crisis is close to home or in your family, how do you respond? What occurs in your mind, in your body, to your heart? How would you react if you were the spouse or relative of one of the six Utah miners trapped 1500 feet below the surface of the mine? At this writing, they've been there for many days!



We learn our reactions and responses very early on in life. Actually we begin to react to environment while still in the womb. **Beginning around the fourth month of pregnancy**, a fetus begins to respond to its mother's feelings and thoughts. As a matter of fact, science tells us that the heart beat will quicken considerably when a pregnant mother just **thinks** about lighting a cigarette. The baby in utero can and does respond to music, to touch, to loud noises and to hunger. Many sonograms done by a Chicago radiologist even show a fetus actually crying because they are starving.

At birth, the reticular activating system, also known as reticular formation, located at the top of the brainstem, begins its work. It plays a central role in bodily and behavioral alertness; its ascending connections affect the function of the cerebral cortex and its descending connections affect bodily posture and reflex mechanisms. The descending reticular formation works from the hypothalamus and relays impulses to the autonomic nervous system and various organs of the body. From the sub-cortical motor areas, it relays impulses to voluntary muscles. Posture and general muscle tone are directly related to the descending reticular formation.

Here again, we look at how **our beginning hours are crucial to the foundation of our emotions and our body tone and reactions**. In addition to the RAS influence, our earliest memories of our parents' reactions to crises, plays an active role in determining how we react. If either parent tended to become hysterical, we have a built in proclivity to do the same. If our parents were calm and cool under pressure, we would be inclined to follow in their footsteps.



Another predisposing factor is our brain functioning. Some people are just more "out there" than others, and

their reactions would be also, whereas the stoics tend to bury or stuff emotional responses.

Other than reactions that wound us or others, there really isn't a right or wrong way to react to crisis situations. Of course, the best way is to keep your head about you, so that you can think and act quickly, providing the best response possible.

I have a very good friend who was "allergic" to the sight of blood! She just couldn't stomach it. Often when her sons cut themselves or scraped a knee, I would get an S.O.S. call, and would run to her aid, so that she wouldn't pass out. But you see, being a nurse, I was conditioned to quick responses to wounds and injuries. Even though trained to care for all illnesses, I found it hard to not gag when a patient was vomiting. Everyone is different, and I guess that's a good thing!

Ron and I have talked about how different we are when it comes to illness. He likes to be left to suffer alone, but not for too long. He's learning that sympathetic and empathetic caring can really be beneficial. When I am sick, I don't like to be alone. I might like silence so I can rest, but I love the presence of someone who cares.



A good friend speaks of her reaction when her husband had a severe stroke. She never left his side – literally. While he was in the hospital, and confused from the damage to his brain, she climbed in the hospital bed with him to prevent him from crawling over the side rails. With her beside him, he fell into blissful sleep.

Back about twenty three years ago, I suffered 2nd and 3rd degree burns from a pressure cooker explosion. My reaction was to strip off my clothes (after yelping, of course) while Ron's was to run to the shower and turn on the cold water for me. Our daughter grabbed the phone, called the police, and alerted them to "Be on the look-out for a Subaru wagon racing through town to the hospital's emergency room."

When my father died in 1979, I did my best to stay calm while Ron and I did external cardiac massage and mouth to mouth breathing until the ambulance arrived. My nurse mother paced the floor, crying and repeating over and over, "He's gone!" I did what had to be done, the nurse in me usurping the position of daughter.

However, when my mother died in 2005, things were different. I knew that her death was eminent. We had spent many wonderful hours sharing our love for each other, and she was ready – not fearful. I had gone home for a quick shower, and when our daughter called to say she had passed, we raced to her. When I saw her lying

there, not breathing, I cried out “Mom!” in the agony of grief. It was a shock to our daughter. She had never seen me react so dramatically. Ron stood quietly weeping and held me. Was his grief any less than mine? I doubt it, as she was a loving and accepting mother to him. The only difference was in the way we displayed our grief.

When his own Mother was dying after a massive stroke, Ron took charge and organized his siblings to make the necessary very difficult decision to “pull the plug.” He performed the funeral with tearful eyes and an occasional lump in his throat. So it seems that the crisis to which we are reacting makes a difference.

Some respond to a critical situation with tears, displaying sadness and grief. Some respond with anger – perhaps a cover-up to avoid a tearful display of emotions. Others withdraw and need to sort things out isolated from the behaviors of others. There are even those who consider themselves to be at cause for the catastrophe.

Look back over the things in your life that you consider crises. Recall your reaction to that predicament and ask yourself what caused you to react as you did. Was it your very early beginnings, the modeling of parents, your personality being displayed or the experiences of your life that have caused you to develop defenses?

We would love to hear from you. In one paragraph, tell us about your crisis, how you reacted to it, and why you think you acted as you did. Be sure to include changes in your reactions if you have been through [Binding the Wounds](#) or [The Journey](#). Send your responses to: [audrey@yourlri.com](mailto:audrey@yourlri.com) We will post some of them.



## The Truth

Author Unknown

*The truth about our childhood  
is stored up in our bodies,  
and although we can repress it,  
we can never alter it.  
Our intellect can be deceived,  
our feelings manipulated,  
our perception confused,  
and our body tricked with medications,  
but some day  
the body will present it's bill,  
for it is as incorruptible as a child,  
who, still whole in spirit,  
will accept no compromises or excuses,  
and it will not stop tormenting us  
until we stop evading the truth.*

## Upcoming Events

<u>Date</u>	<u>Place</u>	<u>Seminar</u>
Oct. 12-14	Jacksonville, FL	Attachment
Nov. 3-4	Walla Walla, WA	Abuse
	<b><u>2008</u></b>	
Jan. 26-27	Santa Rosa, CA	Acceptance
March 29-30	Portland, OR	Abuse

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

**If you would like to have a live event, please contact me at [audrey@yourLRI.com](mailto:audrey@yourLRI.com) or Vic at [vic@yourlri.com](mailto:vic@yourlri.com) and we would be happy to assist you.**

## Facilitator's Corner

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**Passivity** is bad for the person and the group. Group should be a place where members open up, take risks, fail, learn from their failure, internalize grace and wisdom, and translate all that to their outside lives and relationships.....

### There is more than one cause for passivity:

- Lostness – some people have never had experience in an intimate process.....They may need time and safety to learn.
- Fear of exposure and risk – others have learned in life that to take initiative is to be hurt, controlled, or abandoned
- A hidden rescue wish – this is like a helpless infant's desire for mother to totally take care of him/her.

### To help participants overcome passivity:

- See it as a problem – for example, “Mark, when you don't open up with us, it cuts us off from you.”
- Help them with their language – “I allowed him to...I let her....I caved in when they....” Instead of, “He made me....she wouldn't let me....they stopped me....”
- Remind and internalize – help the participant with gentle reminders that they are withdrawing. Check in with them to see how they are doing.

Passive people are less trouble in a group than noncompliant people, but don't let them slip away.

### Passivity does not equal inability.

(Excerpted from ““Making Small Groups Work” by Dr. Henry Cloud and Dr. John Townsend ©2003, Zondervan Publishing)

## Coming....

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- October Issue - New Books featured
- October Issue - What it means for facilitators to “listen”
- October – Photo contest announcement
- Reader submitted stories on crisis reactions

## LRI Connect

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Join LRI Connect: a discussion forum where you can voice concerns about life issues, and receive advice and feedback from other LRI participants. Meet others who are going through some of the same things as you? 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, 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.



\*\*\*\* Copy this code and paste into you're My Space profile where you want this banner and link to appear.

```
<A  
HREF="http://www.msplinks.com/MDFodHRwOi8vd3d3LnlnvdXJscmku  
Y29t"TARGET="_blank"></a><  
br>Where knowledge merges with understanding, creating hope and  
change.<br>
```

\*\*Note: All pictures used with permission



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Visa/Mastercard \_\_\_\_\_ Expiration Date \_\_\_\_\_

Check attached # \_\_\_\_\_

**Orders over \$100 = free shipping - or - add \$6 for first item and \$2/each additional item**

Title	# of items	Amount ea.	Total amt. due
Belonging		\$12.99	
Bold Love		\$13.99	
Breaking the Cycle of Divorce		\$19.99	
Changes That Heal		\$12.99	
Changes that Heal – Workbook		\$12.99	
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En Casa – Belonging translated to Spanish		\$12.99	
For Men Only		\$14.99	
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His Needs – Her Needs (audio book)		\$39.99	
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The Invisible Bond		\$12.99	
The New Brain		\$14.95	
The Wounded Heart		\$14.99	
The Wounded Heart - Workbook		\$15.99	
Unbreakable Bonds		\$16.99	
Why You Do the Things You Do		\$13.99	
22 Week Notebook - Binding The Wounds		\$25	
22 Week Notebook in Spanish - Binding The Wounds		\$25	
22 Week Small Group – Binding The Wounds – DVD + 2 Notebooks		\$249	
22 Week Small Group in Spanish - BTW – DVD + 2 Notebooks		\$249	

Order online at: <http://www.yourlri.com>

Phone orders: 1-888-8000LRI (0574)



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Belonging – CD	\$69	
Binding The Wounds – CD – audio seminar	\$99	
Binding The Wounds – DVD – video seminar	\$199	
Connecting – CD	\$89	
Created for Success – DVD – with 2 workbooks	\$199	
Journey to NAI – facilitator copy	\$30	
Journey to NAI – student copy	\$10	
Passenger Lesson Guide DVD	\$149	
Passenger Notebook	\$49	
Mode Lesson Guide DVD	\$149	
Mode Notebook	\$49	
Route Lesson Guide DVD	\$149	
Route Notebook	\$49	
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