

11-2007

2007 November-Newsletter

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Life Renewal Institute Newsletter

Vol. 11

251 Stenton Ave., Plymouth Meeting, PA 19462

November 2007

"Govern a family as you would cook a small fish – very gently" – Chinese Proverb

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Audrey Woods



Richard's Testimony

Thinking I was fine with no problems (I had a great childhood) I fought the concept and even the idea of exploring psycho educational material let alone small groups. This refusal to explore the "why" I acted in certain ways and made certain decisions nearly cost me my marriage and did cost my business significantly. Of

Editor's Corner:

Where did the time go? It's that time of year again. Seems like we just had Thanksgiving and Christmas. Every year I tell myself I'm going to start early and be prepared, but somehow it never happens.

One of the things I like most about the holiday season is the chance to spend time with family. From the time I was little, holidays were a special time of year. I remember being 4 years old and having Chicken Pox. Never the less, I got set up on the hide-a-bed in the living room so I could be with the family on Christmas morning. I have many fun and special memories from past years.

How do **you** deal with family around the holidays? Do you look forward to it, or dread it? Maybe all your family is too far away or gone. How do you enjoy the holidays without too much stress? Ron and Nancy give you some tips in "[Harmony for the Holidays](#)". Do you have an experience you would be willing to share with us? What works for you? Write to me at audrey@yourLRI.com We will post some of your comments, suggestions, and tips in the December issue.

course, I only realized this in hindsight. I want to thank the Rockey's and the LRI team for developing these products and would encourage anyone to try them. Having now done both [Binding the Wounds](#) and [The Journey](#), my marriage is amazing, my children are able to bond with me now because I am emotionally present and my business has grown beyond my expectations (while working significantly less). -Richard



Announcements

New live events coming in 2008. Go to [Upcoming Events 2008](#) to check for a seminar in your area. If there is not a seminar in your area, but you would like to have one, please contact Audrey, audrey@yourlri.com or Vic, vic@yourlri.com. We would be happy to assist you in setting a date and making plans.

Photo Contest Deadline – Nov. 23. Be sure to get your pictures in before the deadline to be eligible for The Journey Notebook.

Oct. blogs:

- [Play to Your Strengths](#)
- [Love Without Boundaries](#)
- [A Child's Tender Heart](#)
- [Compliments and Complaints](#)
- [Compliments Uplift Both of You](#)

Special Offer for Newsletter subscribers. We would like to thank you for your interest in and support of our program by giving you first chance at our **50% off sale**. See poster on page 6 for details.

[Click here](#) to visit Ron and Nancy on My Space. Send them a friend request if you haven't already.



Harmony for the Holidays

By: Ron and Nancy Rockey



It's hard to believe that Christmas songs are being played on the radio already, and it's just past Ron's birthday! Halloween has just arrived and turkey and pumpkin pie are only pictures on magazine covers. But we

are already doing our Christmas shopping. I figure, the sooner the better. There's no way that I want to be one of those who squeeze into department stores for last minute got-to-haves for family and friends.

One of the most difficult things about the holidays is figuring out how to make everyone happy - family and friends and maybe yourself. If you are married, you may have two sets of parents to please. How do you work it if family lives many miles away? Who pays for airplane flights? What do you do about getting time off work, especially if your job is a service occupation? How do you decide what to buy for whom or how much you should spend? What to do if your credit cards are maxed out and there's just no extra cash? Holidays can be a headache!

Looking back over the forty-two Christmas seasons we have been married, recalls many decisions that we had to make. Our first year together, we lived in Michigan. Ron's family lived in Milwaukee, about four hours away. My folks lived in Connecticut - 1200 miles from us. Ron was in college and I worked in Nursing. Money was tight. How could we handle Christmas? Ron's family required 21 gifts. Mine required four.

Our only choice was to make the gifts, so I started knitting early. Then, we bought jelly-sized canning jars and made grapefruit and orange marmalade. Just a day before we headed to Milwaukee, I baked banana-nut and apricot-nut bread. Each family got two jars of marmalade, 2 loaves of bread and a pair of slippers for each person. We piled all the treasures into our **unheated** Carmen Ghia and headed for the other side of the lake. Wrapped in blankets and layers of sweaters, we drank two quart thermos bottles of soup and one of a hot beverage trying to keep warm on the trip. Back then, gasoline was nineteen cents a gallon, but even at that price, the trip stretched us financially. We wanted to be with family and they wanted us there, so regardless of the hurdles, off we went.



We have had Christmas day alone, with Nancy's parents and grandparents, with our daughters and their children, at

home and with family coming our way. Since that first Christmas, they have become easier by trying to ease the burden in order to enjoy the time and the relationships. What did we learn that first Christmas that has made life in December easier?

1. **Don't try to travel in cold country in a small car with gifts for 21 people and your own clothes!** That was us trying to please all the people all of the time, and still, we didn't really please them. They were unimpressed with our gifts. And then, the dream of our first Christmas alone was dashed by four feet of snow dumped on Milwaukee, and we couldn't even find our car, let alone dig it out to go back home and celebrate - just the two of us. Oh well. We learned the hard way!



2. **You can't please all the people, all the time!** Two families, 1200 miles apart are never all going to be satisfied - especially at Thanksgiving and Christmas. We took turns, but after the children came along, we couldn't afford time away from work to drive and celebrate nor could we handle four plane tickets. So when it was our turn to be with Ron's Mom, (His Dad being deceased) we flew her to us, and celebrated with her. My parents were only two hours away, so every Christmas we made that drive, and every other year, took Grandma Rockey with us. Thanksgiving was another matter. If I wanted Christmas off, I had to work Thanksgiving, so we celebrated with the family of the church Ron was pastoring. Bottom Line: Take turns or celebrate together.



3. **Don't break the bank to enjoy the holidays!** Our second year together, I made the suggestion to Ron's growing family, that we exchange names. We set a dollar limit. I would love to have also suggested that each one make the gift they gave, but his family definitely would have revolted at that idea. But we persisted at making the gifts we gave - to both families. What a difference to thoughtfully give to 2, then 3, then 4. Of course, everyone gave a gift to Ron's mother.



4. **Share the load** - When it comes to dinner or goodies, everyone pitches in! Whoever hosts the dinner or the Christmas Eve celebration, sets the menu. Then, thinking about who specializes in what main dish or dessert, they assign items to

bring. Everyone brings beverage(s) of choice to add to the supply. That way, it's not hard on anyone in particular. Of course, everyone helps with clean-up. Think about assigning the clearing of the table to the men, and the women to handle leftovers and loading the dishwasher. People bring their own take-home containers if they expect doggy bags.



5. **Set the time!** So that no one outstays their welcome, and folks have to stay up half the night of Christmas Eve, wrapping presents. Set the start and finish time with the invitation. Some families will have everything ready for "Santa's arrival at midnight," and others won't. Be considerate about other's needs.



6. **Make it fun!** This is not the time for pulling skeletons out of the closet, or confronting others with your reasons for resenting them. Make sure that there's not a supply of liquor around so that folks become inebriated, lose their inhibitions, and wax eloquent about the faults of another.



7. Remember why we are celebrating...

- a. **Thanksgiving** is about being thankful for the bounty that God has provided, for the many blessings that we enjoy, for the family that we love, and for the gift of salvation. Make sure that Thanksgiving is about giving thanks. Wouldn't be a bad idea to ask everyone to bring a list of five things for which they are thankful. Have folks share that list at a convenient time around dinner.



- b. **Christmas is about celebrating a birthday – it's a birthday party for Jesus Christ.** Since that is the case, consider inviting family to a birthday celebration for Him – cake and all. Including a worship service and asking each one to bring a Birthday gift for Christ, that you would blend and donate as a family to your church for a worthy cause or to a worthy cause in the community.



8. **Blended families!** How do you manage when parents are divorced and children get torn between Christmas with Mom or Dad. Unless there has been violence between the divorced couple, put your pride in your pocket and flush your resentments down the toilet so that the

children can experience Mom and Dad, peaceful with each other and not trying to outdo each other with extravagant gifts. Set a dollar limit between you. Discuss what the children NEED and WANT and agree who gives what. Remember, you're not the children, so it's time to behave like mature adults at the holidays. Suppose the parents are remarried. Then one will have to have the children for Christmas Eve Day and evening, and the other for Christmas Day. Take turns year after year. Still set the dollar limit and plan the gifts based on needs and wants.



9. **How can I handle Christmas alone?** What should I do by myself on that day? Thousands of people are in your boat. One choice is to sit at home and complain that others will not devote themselves to making you happy. The other choice is to move outside of yourself and make someone else happy. Check out the orphanages in your area. Some actually allow people to adopt a child for the holidays. Consider doing that. Nursing homes are loaded with forgotten seniors who would LOVE some company or to be taken out to your place or a restaurant for dinner. Contact the social service agencies in your area and ask them what you could do that would be meaningful to someone else on Christmas day. You'll feel so blessed as you make someone else's day pleasant.



Most of all, it is so important to remember:

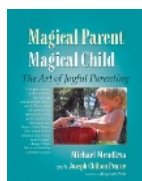
- The holidays celebrate specific events – remember to remember them.
- Holidays are a time for harmony. Don't sweat the small stuff. It's more important that attitudes remain sweet than that the packages are perfectly wrapped or the pies have exactly the right flavoring.
- Relate from your heart, rather than from your head. You'll be physically healthier and the harmony with others will astound you!
- Reach out and do for another – you'll be blessed.
- Plan wisely financially! Don't spend the holidays worrying about how you'll pay the credit cards off.
- Get everyone to share in the responsibilities – that guards your energy level!

- Take turns with family. Set the limits financially and divide the work load.

This year, our Christmas is just the two of us, and friends for dinner. Thanksgiving is with our eldest daughter and her family. Next Christmas, we will all be together, both daughters and their children, at our New Mexico retreat. Our prayer is that you will have blessed holidays, holiday harmony and that you won't gain too much weight from all the goodies!



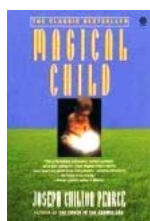
What' New?



Magical Parent, Magical Child-by: Michael Mendizza and Joseph Chilton Pearce. "In the play between mother and baby, universes are communicated without words. The sensitive awareness of this special bond can be applied to all our relationships.

Magical Parent, Magical Child shows us how. It is inspiring, easy to read and profound." Peggy O'Mara Editor and Publisher of Mothering Magazine"

A wonderful reference of sound science and psychology, presented in an easily read and attention-holding manner. This volume would be a great read for young parents and parents who wish they were young again. It expounds on the art of joyful parenting, for the benefit of both parents and child.



Magical Child-By: Michael Mendizza and Joseph Chilton Pearce. This book describes nature's agenda for unfolding unlimited human capacity. A core concept that weaves throughout all of Pearce's works is what he refers to as the "model imperative." The unfolding and development of any potential capacity is "experience" dependent. It is the model-environment that provides the experience that mentors and develops every possibility.

Magical Child, a classic work, profoundly questions the current thinking on childbirth practices, parenting, and educating our children. Now its daring ideas about how Western society is damaging our children, and how we can better nurture them and ourselves, ring truer than ever.

"From the very instant of birth," says Joseph Chilton Pearce, "the human child has only one concern: to learn all that there is to learn about the world. This planet is the child's playground, and nothing should interfere with a child's play. Raised this way, the Magical Child is a

happy genius, capable of anything, equipped to fulfill his amazing potential."

Expanding on the ideas of internationally acclaimed child psychologist Jean Piaget, Pearce traces the growth of the mind-brain from birth to adulthood. He connects the alarming rise in autism, hyperkinetic behavior, child schizophrenia, and adolescent suicide to the common errors we make in raising and educating our children. Then he shows how we can restore the astonishing wealth of creative intelligence that is the birthright of every human being. Pearce challenges all our notions about child rearing, and in the process challenges us to re-examine ourselves.

Upcoming Events 2008

<u>Date</u>	<u>Place</u>	<u>Seminar</u>
Jan. 19-20	Miami, FL	Attachment
Jan. 26-27	Santa Rosa, CA	Acceptance
Feb. 1-2	Ventura, CA	Attachment
March 22-23	Portland, OR	Abuse
April 18-19	Ventura, CA	Acceptance
June 9-15	Mt. Vernon, OH	Campmeeting
Sept. 5-6	Ventura, CA	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 or Vic at vic@yourlri.com and we would be happy to assist you.

A Good Facilitator..

- Explains his/her role as the facilitator
- Is self-aware of his/her own strengths, weaknesses, hot buttons, and biases.
- Appreciates all kinds of people.
- Starts and ends the group on time.
- Creates opportunities for everyone to participate.
- Remembers they are both a member and the facilitator of the group.
- Encourages and affirms each participant.
- Participates as a member, modeling group process.

Photo Contest



- What does rejection look like to you?
- [Email](#) your original photos that best express your view of rejection.
- **Deadline is Nov. 23, 2007.**
- Electronically sign and date release form and email with your picture/s to audrey@yourLRI.com.



Grand Prize – (1) *The Journey* Notebook including all 4 segments.
Runners-up – (3) *The Journey* Notebook with segment 1, *The Passenger*.

Pictures from the Grand Prize winner and runner ups will be featured in the December edition of the Newsletter. Unlimited entries per person. Send to audrey@yourLRI.com

***** To be eligible, each picture **must** be accompanied by a signed photo release. See form below.

[Click here](#) for more info and the photo release form. Send photos and electronically signed release to audrey@yourLRI.com

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<a href="http://www.yourlri.com" target="_blank"></a><br>Where knowledge merges with understanding, creating hope and change.<br>
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LRI Connect

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.

My Sincere Wish

Author Unknown

I would like to go back o'er life's pathway,
And trace every footstep I've trod,
And move the rough spots where I've stumbled
Erase every footprint and clod.

I would like to go back o'er life's journey,
And call back each harsh word I've said,
Recall every wrong deed or action,
Causing sorrow or tears to be shed.

I would add many words left unspoken,
And retract any words idly said,
And heal every heart bruised or broken,
By replacing kind words instead.

Then when at the end of life's journey,
I am asked my past story to tell,
There'd be no rough spots on my pathway,
No place where I've stumbled or fell.

But then it wouldn't be my story.

**Note: All pictures used with permission

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6 CD audio of seminar to assist you in identifying the experiences of your past that cause your thoughts, feelings, and behaviors today. Includes a printed outline.

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#	Title	Amount	Taken	B/O
	Belonging	\$12.99		
	Bold Love	\$13.99		
	Boy Who Was Raised as a Dog	\$26.00		
	Breaking the Cycle of Divorce	\$19.99		
	Changes That Heal	\$12.99		
	Changes that Heal – Workbook	\$12.99		
	Chosen	\$12.99		
	En Casa – Belonging translated to Spanish	\$12.99		
	For Men Only	\$14.99		
	For Women Only	\$14.99		
	For Young Women Only	\$13.99		
	Freedom from the Grip of Fear	\$12.99		
	Gift of Forgiveness	\$12.99		
	Healing the Scars of Emotional Abuse	\$12.99		
	Heart Speaks	\$14.00		
	Hearts Code	\$14.95		
	His Needs – Her Needs	\$19.99		
	His Needs – Her Needs (audio book)	\$39.99		
	Inside Story	\$5.95		
	Invisible Bond	\$12.99		
	Lies at the Alter	\$24.95		
	Living Successfully with Screwed-Up People	\$12.99		
	Loving Your Child too Much	\$21.99		
	Magical Child	\$15.00		
	Magical Parent – Magical Child	\$17.96		
	Managing Emotions	\$9.95		
	New Brain	\$14.95		
	Nurturing the Unborn Child	\$15.95		
	Parenting the Heart of Your Child	\$13.95		
	Pre-Parenting – Nurturing your Child from Conception	\$14.00		
	Sheet Music	\$12.99		
	To Be Told	\$18.99		
	To Be Told – Workbook	\$11.99		
	Unbreakable Bonds	\$16.99		
	Why You Do the Things You Do	\$13.99		
	Wounded Heart	\$14.99		
	Wounded Heart - Workbook	\$15.99		
	Subtotal of Books	\$		
	Subtotal of Workbooks and AV from Reverse	\$		
	TOTAL DUE	\$		

#	Title	Amount	Taken	B/O
	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		
	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		
	Macaroni Pin	\$4		
	Subtotal of Workbooks and AV			
	Enter Amount on Front	\$		

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