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2008 September-Newsletter

Nancy Rockey
info@fixablelife.org

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"You cannot discover new oceans unless you have the courage to lose sight of the shore." ~Unknown

Editor's Corner

How to Spot a Predator

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Visit Ron and Nancy's



Who to Contact:

Editor:

Audrey Woods
audrey@yourlri.com

Product Orders:

Chana Kostenko
1-888-800-0574

General Info:

chana@yourlri.com

Planning a Live Seminar:

Audrey Woods,
audrey@yourlri.com

Vic Kostenko,
vic@yourlri.com

Where has the summer gone? Here it is September again and school is starting.

Recently I saw a TV ad which went something like this. I can't go to school with her. I can't help her make friends. I can't be with her all day long, etc. but I can give her the tools she needs to do all these things. The ad speaks more of the temporal things in life, but what about keeping her safe not only at school, but all the way through life, or teaching her how to recognize emotions and express them appropriately, or how to be an emotionally whole and healthy person? Did anyone ever share these tools with you so that you can pass them on to your children?

Most parents want to give their children the best they possibly can to equip them for everything that is thrown their direction in life. My experience has been if I haven't acquired the tools for myself, I can't pass them on to my children.

In this newsletter you will find a few tools to help in your journey of life. Ron and Nancy give tips on how to keep your child safe from predators. Others have asked questions which we are posting with answers in case you may have had the same question. Be sure to check out the Upcoming Live Events section to see if there is a live seminar coming up in your area. Read other's stories for your encouragement. I would encourage each of you to attend a gender-specific group, if you're not already. If there isn't one scheduled in your area, think about facilitating one. Facilitator training is available.

If you have a story you would like to share, questions, comments, or suggestions, please contact me at audrey@yourLRI.com

Audrey Woods



"When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure" — Peter Marshall

By Ron and Nancy Rockey

Television talk-show hosts, like Nancy Grace, Glenn Beck, Bill O'Reilly and the like, regularly interview parents of children who have been preyed upon, and sometimes older folk who at some point in their lives were victims of a sexual predator. How does one spot a predator? How can you tell? What behaviors do you see that can clue you in that a person is unsafe - a possible threat to you or your children?

Just the other day, Dr. Phil had a woman on the program, whose daughter had accused her step-father of sexual abuse. The mother was confused! She found it difficult to believe her daughter because, as she said, "My daughter is a liar." What did she mean by that? Listening to her for a bit longer, it seemed that her daughter was the typical child who endeavors to lie herself out of taking cookies out of the cookie jar and making promises that she didn't keep. She didn't seem like the compulsive liar that the mother thought she was, and Dr. Phil later made that clear to her. The mother had believed the husband who denied any wrong doing, and the daughter was taken away to foster care. Now the mother was having second thoughts and fearing that the daughter may have been telling the truth. Perhaps her husband really did molest the child. Mother now wanted her daughter back and was afraid that she had severed the relationship permanently by not believing her in the first place.

Here was a woman, who by all appearances was living with the predator and not recognizing any signs that would lead her to believe that in fact her husband was abusing her daughter. So the question is, is it easy to "spot" a predator? The answer is - not always.

First of all, it is important to realize that many predators are not violent. Of course we hear reports of perpetrators who kidnap a child, rape him or her, and then kill the child. Those predators are not as prevalent as the ones that woo the child and prepare him or her for much more than friendship.

In most cases, the predator is a family member (close or distant) or a friend or acquaintance of the family. Who in their right mind would suspect an adult or a teen that would befriend a child, take them for ice cream, bring them gifts, be kind, loving and playful with the child and the child's parents? Yet this can be exactly the profile of a predator. If someone's behavior toward your child seems too good to be true, it probably is. They may well be setting the child up for their own sexual pleasure. First of all, their kindness throws off any suspicions by the parent, that there could be a problem, and unknowingly, they let the child go off with the predator.



So how does a parent know who or who not to trust?

1. Perhaps the **MOST IMPORTANT** point on the list is to be sure that as a parent or guardian, you know yourself and your own history. Some people who have been abused themselves in childhood are hyper-vigilant, and to them everyone is suspect. On the other hand, some who have been abused are blinded to the signs that their child is being abused or that someone is prepping their child for later sexual abuse.
2. Watch carefully for older teens or adults who regularly hang around the playground where your child plays. Make sure you do not allow your child to go alone to a playground or to any place without you.
3. Be suspicious of extended family, friends or strangers who constantly bring gifts and/or want to be alone with your child.
4. Watch for signs of play that involves a lot of touch, rough-housing, wrestling and the like.
5. Teach your child early on to be wary of strangers.
6. Teach your child early on that their body belongs to God. Sensual/sexual parts of their body are not to be touched by anyone. They are private!
7. Explain to the child what they should do if someone attempts to undress them or touch their private parts - SCREAM and RUN!
8. Impress upon them the importance of telling you the first time someone attempts to touch their private body parts. Tell them that you will believe them!
9. Always believe your child first! Don't ask the child what they did to bring on someone else's behaviors. If the child reports this, they are most always telling truth.
10. Do not allow your child to be alone in a room or car with someone of the opposite sex unless you know for sure that this person has the child's best interest in mind, not their own!

The true story is told of a young family, who unaware of the danger signs because both parents had been childhood victims, became the pawns of a family member who in turn abused every one of their children. Slowly, the children told the story; reluctantly, because this family member had showered them with gifts, fun trips and lots of attention! The unfolding of the abuse was a bitter pill, because they had all, parents and children alike, been so overwhelmingly benefited from the extra attention.

We wish that we didn't have to write articles like this one - that children didn't have to suffer from the perverted and selfish lust of a perpetrator, but unfortunately in this day and age, sexual perversions are increasingly more common. WHY? Usually perpetrators were first victims.

We have become a people whose God-given desire to connect has grown to abnormal proportions because we live in modern technical times when IPODS, Computers, TV, radio,

and electronic gadgets of all kinds are everywhere, and especially children and teens think they need to own them. Gone are the days when most children made up their own games and played sports and games that would allow interaction with each other. Now the games and amusement seems to be between a kid and some electronic gadget. The prevalence of sexual input and pornography in the media and even in children's TV and games, has escalated the desire to connect sexually, as if it were the only method to connect.

Humankind has degenerated to a selfish, sexual and sinful level, thought totally impossible when I was a kid. Even the wardrobe advertised and available in stores for children, promotes exposure of the sensual parts of the body. Parents model low cut and bedroom attire in their everyday wardrobe. Does such exposure cause a perpetrator to perpetrate? No! What it does do is open sensuality and sexuality at a young age to children, desensitizing them to what should be private and reserved for the bedroom of a married couple. In other words, they become aware of sexuality and are intrigued and drawn to it far before either their bodies or their minds are capable of handling the most intense experience known to humans. Pre-marital or "casual" sex, at this point common among teens and young couples, always leads to disaster of some sort, either increased abortion rates or birth children who are addendums rather than planned for, loved and adored. And the sins of the fathers (and mothers) are passed on to the third and fourth generations. Many of the teen parents of today were sensitized to things sexual early on in childhood, at the hand of some predator or the media.

Guard your children carefully. Be very "picky" about letting them spend the night with families that you don't know well. You have no idea what might happen behind the walls of that home with people who are strangers to you. Far too many children have experienced their fist sexual wound in the homes of others.

Teach them well what is appropriate and what is not. Much of television is NOT appropriate for children. Most of all, regularly, daily pray for a hedge of protection around them, so that God's enemy does not have entrance to their precious souls.

Recommendations

By: Hubert Cisneros, Clergyman and Administrator

I have been happy to recommend Ron and Nancy's ministry. The information they share has brought wholeness to countless individuals and families. I would urge you to attend any of their seminars and encourage your friends and family to do the same. You will enjoy their presentation style and invaluable experiences. In a special way, God is using the Rockeys to, "turn the heart of the fathers to the children, and the heart of the children to their fathers." Malachi 4:6

I have witnessed dramatic emotional healing and changed

lives through their ministry. As trained counselors and dedicated ministers, they combine their gifts to bring hope to broken people. Parents, teens, singles, just anyone who has faced trauma or difficulties will benefit from the valuable information given. I am proud to count Ron and Nancy as not only a most valuable resource in ministry, but as wonderful friends.

Announcements

Coeur d'Alene/Spokane Area live seminar, "Attachment" is in 2 weeks. [Register TODAY.](#)

Walla Walla "Acceptance" seminar coming in Oct. (see Upcoming Live Events) Limited seating. Register early to reserve your seat. www.yourlri.com or 1-888-800-0574

Are you starting groups this fall? We want to know about it. Be sure to [list your group on the web](#) under "Facilitator Area/Your Groups".

Are you looking for a group in your area? Search for groups in your area [here](#).

Questions & Answers

Q: I am in my late 30's and being haunted by childhood memories. I find myself quite angry. What can I do?

A: If childhood memories are not pleasant, in other words they are "haunting" you, you do need to revisit them, and pull from them the negative emotions attached to the memories. How does one do this?

First of all, it is a process. These memories were not created overnight, so to speak, and cannot be erased. They can however, be altered, in that the driving force (the negative emotion) can be removed! You should NOT be afraid of this process. Some people spend their whole lives trying to forget the old stuff, but the mind is designed to remember, so trying so hard to forget is wasted energy. Better to process through the memories so that once and for all, they are taken care of.

This process is what we offer in the [Binding the Wounds](#) and [The Journey](#) programs. You can watch the website for where [seminars](#) are being held. That would be a great first step. If you can find a [group in your area](#), the BEST way to proceed is to get into one of those groups. You can feel free to call our toll free number, 1-888-8000LRI to determine if there is a group where you live. If there is not, we would suggest that you purchase the book, [Belonging](#), which is also available at the toll free number. It contains valuable information and the process of undoing those "haunting" memories.

You are wise to be concerned about your memories, because they determine how you will think, feel and behave and they have power to negatively impact your physical health as well. So go for healing - it's the BEST thing you can do for yourself!

Q: We are newly married, and are having some questions about relationships with in-laws. Can you help?

A: The Bible offers a formula for happiness in marriage. It's found in Genesis 2: 24 and 25, and was instituted when marriage was between Adam and Eve. The formula goes like this: L + C + U + I = Success. So what does that mean?

L - Leave: Here the Bible instructs a man (and it means male) to leave his Mother and his Father. This means a physical leaving - a "getting out of Dodge, a moving into his own tent, apartment or home with his new wife.

C - Cleave: This is the funniest word in the dictionary because it has two opposing meanings. Firstly, it means to separate at a natural point of separation the way a meat cleaver separates muscle from bone. Marriage is a God-given natural point of separation, and requires that the mate receives first allegiance. That allegiance of the son is moved from parents to partner. The wife will respond by doing the same.

U - Unite: "And the two shall become one." This speaks not only of the two becoming one physically, but also of a uniting of purpose, goals, ideals and focus. We always tell folks before marriage, that they need to link arms, heads and hearts with each other to fulfill a purpose outside of themselves. Most married couples want the car, the house, the children and two great jobs, but that's all about self. Two people who combine to offer something to others, to be a blessing, rarely have time for petty squabbles centered on self. That's a good thing!

I - Intimacy: Another spelling and meaning for intimacy is "in-to-me-see." This is the experience of hiding NOTHING from each other, of sharing thoughts, feelings, dreams, goals etc. When two people are each other's very best friend (and don't you want to share things with your best friend?) chances of a catastrophic end of the relationship are very slim!

Now back to parents. Hey, you don't divorce them when you marry! You still have a relationship with them, but they are no longer the confidant, unless there is something that the two of you need to "run by them". This is NOT where you discuss your sex-life, your finances, or your squabbles. That happens with each other and a counselor you choose together. Parents still like to know what their children are up to, what their joys and occasionally sorrows are, but the first reference is to your mate-ALWAYS, unless you are planning a surprise birthday or Christmas gift.

You can get this information in detail in our [Created for Success](#) 16 session program designed for married and engaged couples. It's available at www.yourLRI.com or by calling 1-888-8000LRI.

You Are What You Eat

A stupendous insight of civilizations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "The Doctrine of Signatures" was astoundingly correct. It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater.

Here is just a short list of examples of Whole Food Signatures.



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and science shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Upcoming Live Events

Date	Place	Seminar
Sept. 5-7	Ventura, CA	Affirmation
Sept. 19-20	Newman Lake, WA	Attachment
Oct. 25-26	Walla Walla, WA	Acceptance
Nov. 15-16	Miami, FL	Acceptance
<u>2009</u>	<u>2009</u>	<u>2009</u>
Jan. 16-18	Columbus, Ohio	Evangelism Retreat
Feb. 21-22	Santa Rosa, CA	Affirmation

Cheryl says....

I am writing to you having recently finished an intense weekend seminar with Ron and Nancy Rockey. It was a life-changing experience. I wish we could clone them and take their message to the treetops, proclaiming freedom in Christ from the damages and rejections of our early years.

I can't say enough good things about the weekend. I truly believe that knowing "this truth" – the truth about our past – will truly set me free. I have endured a number of different health problems over the years that I now believe to be largely caused by psychological stress from emotional and religious abuse I experienced while growing up.

I have tried to address these issues for the past 15 years, and truly thought I had. But the unexplained physical problems continued. Not until I attended the Rockey's seminar did I have the structure and framework, all together in one "map," to do the personal recovery work I now believe is the key.

The Rockeys bring several important elements together. Their experiences ring true for those who have suffered abuse as children; thus, they bring an essential credibility to the table. Their educational background, accompanied by their passion to seek the answers to their personal pain, is a necessary combination for reaching out to the hurting.

Finally, their passion is bound and packaged as a ministry, which provides the needed framework for recovery. This gives individuals a real spiritual experience that fills us with the joy that Christ intended us to have as His children.



Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Eggplant, Avocados and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photoelectric chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries.



Grapefruits, Oranges, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.



Peanuts have a profound effect on the testicles and sexual libido. Peanuts were banned as a food for males by the church often during the middle ages. Most people don't realize that argentine, the main component of Viagra, comes from peanuts.

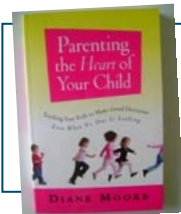
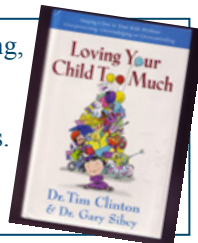


Teenagers ages 12-18 explore their behaviors, emotions and feelings through this 13 lesson workbook. By identifying with each of the characters in the movie "Wizard of Oz" teens can learn to deal with issues such as lack of self-esteem, anger management, addictive behaviors, guilt and shame, fears, depression and suicide, and other issues relevant to their lives.

\$30 + S&H. [Order online here](#) or call 1-888-800-0574

Staying close to your kids without overprotecting, overindulging, or over controlling. Dr. Clinton and Dr. Sibcy offer a powerful tool to help you raise happy, well-balanced, and fully-loved kids.

\$21.99 + S&H. [Order online here](#) or call 1-888-800-0574



Teaching your kids to make good decisions even when no one is looking. Raising morally mature children these days may seem like a pipe dream, but here's help your family needs to make it a reality! Practical and informative, challenging and thoroughly biblical. **\$13.95 + S&H.** To order call 1-888-800-0574

This nine-CD audio seminar explains the influence of parents upon the physical, emotional, intellectual, and moral development of children, and provides tools to recover from the damage done in our early years. Includes a printed outline. **\$89 + S&H.** [Order online here](#) or call 1-888-800-0574



Available Seminars

Attachment



Your emotions do not come to you from "out of the blue" but each has an origin, an instigating experience that produces within you thoughts and feelings about yourself and others. Your "software" was

programmed by responses to your mother while developing in her womb and early interactions with your birth parents and primary caregivers. It is from these early experiences of abandonment, abuse, neglect, security or love that you developed your personal attachment style.

Acceptance

Understanding rejection and being released from it's grip. All of us have experienced rejection in many different forms which drives today's behaviors.



Affirmation



Seeking to identify the various forms of abuse and their affect on our lives today. Abuses discussed include verbal, emotional, physical, and sexual. Tools will be provided to allow you to recover

from the negative emotions connected to the abuse you have received.

Why?



This seminar gives an overview of the 4 segments of the Journey, using the Y factor. Internal assurance, peace, and love in relationships with God, family and friends will be better every day. Answers questions like, "Why do I do what I do? Why does no one love me? Why can't I get along with others? Etc.

If you would like a live seminar in your area, please contact Audrey, audrey@yourlri.com for details and scheduling.



AFFIRMATION

The Route to Freedom

In this seminar learn: what precipitates emotional, physical and sexual abuse, the resulting ill-effects, tools to undo the results of early childhood wounding, and symptoms of ongoing abuse. Hear about transformed lives from former abusers and victims. Find hope to move from abuse to affirmation.



V
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VENTURA SDA CHURCH

6300 Telephone Rd., Ventura, CA 93003

REGISTER ONLINE:
www.yourLRI.com

OR CALL:
1-888-8000LRI
1-888-800-0574

LOCAL CONTACT:
805-642-5387

Fri, Sept. 5
7 – 9 pm

Sat, Sept. 6
2 – 9 pm

Dinner included on Saturday

Sun, Sept. 7
1—5 pm

\$59



Presented by:
Drs. Ron and Nancy Rockey

ATTACHMENT

LIFE RENEWAL INSTITUTE

Feeling detached?

Wanting MORE out of your relationship?

Unable to connect?

Not feeling like you belong?

Summit Northwest Ministries

8311 N Idaho Rd.,
Newman Lake, WA 99025

Sept. 19
6:30 – 9:30 pm

Identify your style of attachment
Discover what contributed to your choice
Hear about pre-natal and early childhood influences
Acquire tools to improve your sense of belonging
Know you CAN experience a secure attachment

Sept. 20
1:15 – 9:15 pm
(Dinner included)

Register by Aug. 15

\$79

After Aug. 15

\$89

TO REGISTER:

<http://www.yourLRI.com>

<http://www.summitnorthwest.org>

1-888-8000LRI (574)



Drs. Ron and Nancy Rockey



Local Contact:

208-762-9304



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LIFE RENEWAL INSTITUTE
PRESENTS:

ACCEPTANCE



angry?

bitter?

depressed?

fearful?

sad?

full of resentment?

Walla Walla University

Fine Arts Center
290 S College Ave., College Place, WA 99324

What produces feelings of rejection?
How does rejection manifest itself?
Get tools to turn rejection into acceptance.
Replace hopelessness with **hope**.

Oct. 25

9 a.m. – 5 p.m.
(includes lunch)

Oct 26

9 a.m. – 3 p.m.

Local Contact:

Freta @ 509-301-2435
Alex @ 509-301-6149



Drs. Ron and Nancy Rockey

\$75

Register by
Aug. 15 for a
\$5 discount

TO REGISTER:

<http://www.yourLRI.com>
1-888-8000LRI
1-888-800-0574



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The Journey – Segment 2

**Note: All pictures used with permission

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Orders over \$100=Free Shipping - or - add \$6 for first item and \$2 for each additional item

#	Title	Amount	Taken	B/O
	Belonging	\$12.99		
	Bold Love	\$13.99		
	Boy Who Was Raised as a Dog	\$15.95		
	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		
	For Parents Only	\$14.99		
	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	\$13.99		
	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 (enter on reverse side)	\$		

#	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		
	Destination Lesson Guide DVD	\$149		
	Destination Notebook	\$49		
	RING BINDERS	\$0		
	Macaroni Pin	\$4		
	Subtotal of Workbooks and AV	\$		
	Subtotal of Books (from front)	\$		
	TOTAL	\$		

Life Renewal Institute
251 Stenton Avenue
Plymouth Meeting, PA 19462



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