

4-2009

## 2009 April-Newsletter

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# Life Renewal Institute Newsletter

Vol. 28

251 Stenton Ave., Plymouth Meeting, PA 19462

April 2009

*"Treat people as if they were what they ought to be and you help them to become what they are capable of being." ~Goethe*



## Editor's Corner

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Winter is SLOWLY slipping away. Buds are forming on the trees. The Jonquils, Daffodils, and Hyacinths are finally bursting forth in bloom. There are signs of new life everywhere I look. This winter was more severe than usual at my house with more than 12 inches of snow on the ground for over a week. Not our customary winter by long shot. I just knew all my flowers would be ruined. But as the snow melted, what did I find but Daffodils beginning to poke shoots out of the soil and shortly afterwards came the Hyacinths. Flower bulbs depend on the cold of Winter to help trigger a biochemical process which is necessary for them to bloom in the Spring. I like to think the flowers are "smart enough" to know that the harshness of winter will pass and with the passing will come the promise of new life. With no Winter, Spring would not be so dazzling and beautiful.

At times I have wished that I could have gotten to where I am now without going through a winter season. From time to time I have gotten stuck in "Winter" and thought I would never progress on to "Spring". I finally learned that it's my choice to stay stuck in winter, or progress on to beauty, health (including emotional, and physical), joy and new life (Spring). If you feel stuck make the decision today to break out of your winter and find new life. We at Life Renewal Institute are available to help you, pray for you, and support you as you begin your journey to wholeness.

*Audrey Woods*

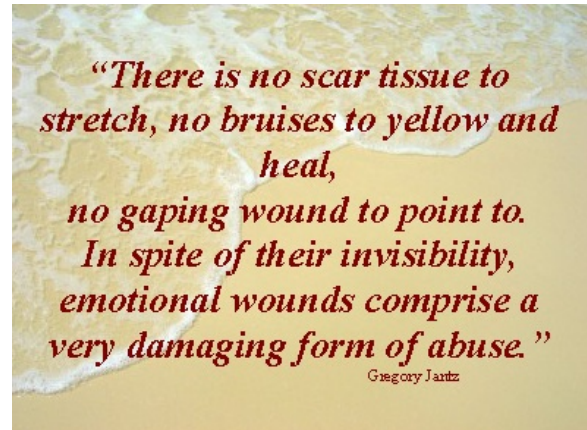


Contact me at [audrey@yourLRI.com](mailto:audrey@yourLRI.com) with new stories, testimonies, comments and suggestions. I look forward to hearing from you.



## "Sticks and Stones...."

*By Ron and Nancy Rockey*



Hurtful words that play over and over in the mind, hearts forever wounded, spirits crushed and dreams stolen. These are but a few of the devastating results and emotional scars left in the mind and on the hearts of children who have been cruelly treated.

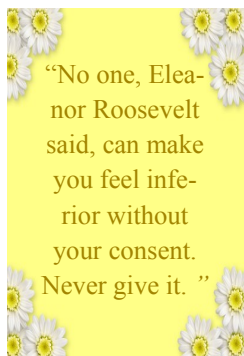
In his great book, "Healing the Scars of Emotional Abuse," Gregory Jantz refers to what emotional abuse does to us:

*"Like a constant ringing in the ears or background noise, the frequency of emotional abuse has caused us to try to ignore it since we can't ever seem to get away from it. And if we can ignore it, we can deny not only its existence but also its effects."*



Did you grow up in a family where the frequently raised voice was common or where yelling at you and your siblings was an everyday occurrence? Maybe it didn't happen in your house, but the neighbor's voice was frequently heard yelling obscenities and put-downs at their kids, and if so, it affected you! Of course, loud voices aren't a requirement for emotional abuse. Soft and under-the-breath words said or the silent treatment can do as much damage as the loud screams.

I remember my father calling for me when he wanted me to come home to hold a board while he put it through the table saw or go with him to find rocks to fill the car's trunk and bring them home. He would stand on the back steps of the house and bellow out my name. The whole neighborhood could hear him, and so could I, no matter how far I had wandered away from the yard. I was always so



humiliated by that, because neighbors would tell me that he'd been hollering for me, and they weren't too happy about the disturbance.

Did you grow up with a nickname that was embarrassing? Was it often used in front of your friends and other adults? Did you hear words that diminished your worth and value, that insulted or controlled you? Or, on the other end of the spectrum, were you ignored most of the time? How about on your birthday? Was it celebrated with a cake and a gift or was it ignored or barely acknowledged with a curt "Happy Birthday" muttered over the shoulder? Did your parents offer you this disappointed "silent treatment" when you didn't meet up to their expectations, when the report card was less than perfect or when you forgot your lines in the school play or flubbed up at the piano recital?

**Emotional abuse has a wide continuum from less severe to most, and yet even what seems like hardly abusive at all, can be devastating to some.**

Do you think that we watch some of the TV sitcoms because they remind us of our own childhoods, of the treatment we received? Archie Bunker on All in the Family, The Simpsons, and countless other TV shows demonstrate the lack of respect that is common between people – especially in the place that should be the safest on earth, and isn't – the home. According to Dr. Bruce Perry, a world- neuro-psychiatrist, **"Home is the most violent place in America."** Remember, Scripture tells us that the tongue is a two-edged sword!

We have always defined emotional abuse as: **Any word(s) said that do not uplift or edify another and the silent treatment.** I think however, that the definition goes beyond what we have always stated. In her works, Psychologist, Dr. Alice Miller, states:

*"The child has a primary need to be regarded and respected as the person he really is at any given time, and as the center – the central actor – in his own activity. When we speak here of "the person he really is at any given time." – we mean emotions, sensations and their expression from the first day onward."*

Prisoners of Childhood, 1981, page 7

Margaret Mahler is quoted in the above book as saying:

*"The infant's inner sensations form the core of the self. They appear to remain the central, the crystallization point of the "feeling of self" around which a sense of identity will be established."* Ibid, page 7



## Upcoming Live Events 2009

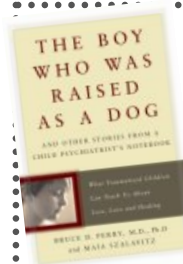
Date	Place	Seminar
April 4-5	Portland, OR	Why?
May 4-9	Milton Freewater, OR	EIDO
Aug. 2-5	Atlantic Union Conference	Workers Retreat
Sept. 18-19	Vancouver, BC	Why?
Oct. 26-31	Portland, OR	EIDO

So have we changed our definition of emotional abuse? We have **added** to it. We believe, and our belief is corroborated by many other professionals, that the insecure parent, the parent whose identity and worth is in question, will attempt to establish identity and security **through the child**, by demanding certain behaviors and characteristics. These demands steal from the child rather than providing what the child needs, leaving the child insecure and void of personal identity.

According to Dr. Bruce Perry, in his book, The Boy Who Was Raised As A Dog,

*"The developing brain is most malleable and most sensitive to experience – both good and bad – early in life, and is rapidly and easily transformed by trauma early in life."*

Let's take a look of some of the signs of emotional abuse on the next page, as listed by Gregory Jantz. You might consider placing a CHECK MARK beside each one that you experienced in your past, and perhaps a star beside those that you perpetuate in the present.



In **"The Boy Who Was Raised as a Dog"**, Dr. Bruce Perry calls on his years of experience with traumatized and troubled children. He has extensive experience with hurting children, such as the survivors of the Branch Davidian Cult Massacre, orphans, abandoned, malnourished children, the sexually abused and the neglected.

Dr. Perry tells, in clear and beautiful language, of the effects of trauma on the brains and behaviors of children. He is a loving and compassionate therapist and a brilliant scientific researcher, and calls upon both of these gifts as he writes. The stories of hurting children are poignant and the steps to their healing, most revealing. His co-author, Maia Szalavitz, is an award-winning journalist.

**\$15.95 + S&H** [Order online here](http://www.yourLRI.com) or call 1-888-800-0574

**PAST PRESENT SIGN**

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- \_\_\_ \_\_\_ Making the person feel worthless
  - \_\_\_ \_\_\_ Putting the blame for one’s mistakes on the other person
  - \_\_\_ \_\_\_ Minimizing the other person’s point of view
  - \_\_\_ \_\_\_ Threatening or hinting at physical or sexual abuse
  - \_\_\_ \_\_\_ Going into fits of rage or anger
  - \_\_\_ \_\_\_ Failing to fulfill commitments or promises made or implied
  - \_\_\_ \_\_\_ Refusing to acknowledge the other person’s feelings
  - \_\_\_ \_\_\_ Verbally or physically humiliating the other person through inappropriate gestures, comments or “jokes.”
  - \_\_\_ \_\_\_ Using shame or guilt to manipulate the actions of another
  - \_\_\_ \_\_\_ Not allowing another to articulate his or her feelings
  - \_\_\_ \_\_\_ Denying another access to possessions or pets.
  - \_\_\_ \_\_\_ Withholding financial resources
  - \_\_\_ \_\_\_ Refusing to communicate with another – the silent treatment
  - \_\_\_ \_\_\_ Displaying extreme ranges of mood
  - \_\_\_ \_\_\_ Making conditional agreements, but conditions keep changing to avoid keeping the agreement.
  - \_\_\_ \_\_\_ Using a hostile or sarcastic tone of voice with the other person.
  - \_\_\_ \_\_\_ Being critical of each action, thought or remark of another person.
  - \_\_\_ \_\_\_ Viewing others as part of one’s own personality rather than separate and with their own personality, thoughts and feelings.
  - \_\_\_ \_\_\_ Belittling, humiliating, marginalizing and/or ignoring another person.
- 

Did you find any of your past experiences here and are you finding yourself doing the same things to others? Scary, isn’t it?

If the following were things you experienced from your parent(s), you should consider yourself as having been emotionally abused.

1. Made demeaning comments about your appearance or abilities.
2. Blamed you for their discomfort or for not meeting their expectations.
3. Criticized you.
4. Devalued you and your accomplishments.
5. Belittled your efforts to please them
6. Made unflattering and unfair comparisons with others.
7. Disparaged (ridiculed) you
8. Suggested that whatever you do or say is not quite right.
9. Attacked without provocation
10. Kept you on the defensive.

**The individual who is emotionally abused is also victimized by rejection.** Remember, rejection creates feelings of hopelessness and sets a person up to look for rejection everywhere, usually finding it, and manufacture it if they cannot find it. Rejection creates a fear that the victim can never “get it right”, “be good enough” or feel that he or she has any amount of worth and value.

The sad part of emotional abuse is that for a lifetime, its victim will endeavor to meet up to the “requirements” - the “standards” that were set for them by an individual who was personally inse-

cure. Living the lie that one has little or no personal value, is a result of the “divide and conquer” game that our enemy plays. If one gets to the place where he actually believes the lie perpetrated upon him through parents and other human agents, he will separate himself from others and from God. “Why would God want a relationship with a worthless wretch like me?” he asks himself.

A client who we will call Tom, states that no one wants to relate to him for long. “People just turn their backs and walk away, when I don’t conform to what they want me to be,” he says, “and that’s fine with me!” But is it? If it were true, why would he repeat this over and over, and continue doing whatever he can to keep needed help from arriving at his doorstep? He has believed the lie, and decided to conform his behaviors and attitudes to the expectations of the others who gave it to him. In doing so he creates the very thing he fears, but will not admit to. While hating aloneness, he protests that it’s great to not have to perform for anyone. He is caustic, abrasive and dismissive, thus creating his own nightmare. Amazingly, he protests loudly that “nothing happened” to him in his early years. Rejected people, abused people, reject and abuse people! Is he fixable? Yes. And . . . he needs to be teachable first.

How does one heal from emotional abuse? Is it even possible?

There comes a time in each life when one can no longer run from the painful memories of the past – when the energy we have used to keep the lid on the garbage can filled with our painful emotions is depleted, and we must face the items in the trash, one by one. You can either run from the stench of it, or plug your nose and begin disposal.



First it's necessary to look at what's there. Acknowledge its presence and at least some of the effect that it has had on your life. Maybe you've run away from people or like Tom, you've pushed them away. Maybe you have passed on the smelly hand-me-downs to your children or to others. Perhaps you've become cynical, harsh, judgmental, defensive or emotionally abusive to others. Perhaps your health has begun to break down from the weight and stench of the garbage you've been carrying.

Make a list – a chart if you will, sort of like this:

WHO HURT ME	HOW	RESULTS IN ME

Now begin to work on these items one by one.

1. Write a letter to the offender (not to be sent). It's just about emptying the pain in your life. THE HAND WILL WRITE WHAT THE MOUTH CANNOT SPEAK. Write until there's no more to say. Fill a book if you need to!
2. Take the finished letter containing all of your feelings and the results in your life, to a trusted friend, counselor, pastor or your mate.
3. Read the letter out loud to another, so that their presence signals you that you've been heard.
4. Burn, shred, hide or in some other way, dispose of what you've written.
5. If you choose to go to the offender personally, write extensively BEFORE you go, and then summarize briefly in writing. Take the summary with you and read it out loud. It might be wise take someone along to support you!

**CAUTION:** Do not expect acceptance, reconciliation or re-building of a relationship. It may NOT happen! People do not like to admit faults!!

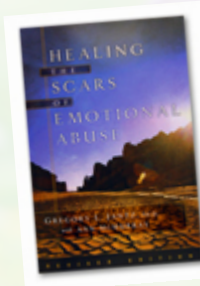
6. JOIN or START a recovery group using Binding the Wounds or The Journey. You will find in that group, people, who like yourself have been wounded emotionally and are seeking healing and a new, improved life and relationships. The support will be excellent and the process will take you to a new and exciting place in your life.

**Regardless of the pain in your life, you can create a sweet-smelling future!**

**God is ALWAYS the power for the healing.** Remember, when Jesus was here on this earth, His work was to go about HEALING – physically, emotionally and spiritually. Were the lives of victims changed instantly? Sometimes yes! But remember, the leper had to dip seven times in the muddy river. That was his part in the process. Jesus used his own spit and the common dirt of the ground to heal the blind man. The man beside the pool was told to “Get up” – Yes, they had to cooperate with Jesus in recovery. So do you! Call upon Him to perform the miracle of opening your eyes to what you need to see. Count on Him for the courage to confront the garbage can, and to keep on confronting until the old smelly can is empty. Those in your recovery group will buoy you up in your process, and we at LRI will pray for you as you choose to heal and to live the abundant life that God designs you should.

Don't underestimate the damage done by emotional abuse. Learn new strategies, and get healed.

**“Healing the Scars of Emotional Abuse”** -In this provocative book, **Dr. Gregory Jantz** examines the pervasive yet overlooked problem of emotional abuse - why it is so common and damaging. Whether you, or a loved one, has been abused by words, actions or even indifference, this book will help you understand the effects of the abuse. You'll gain insight into the problems of the abuser, and learn how to overcome the past. You'll also find strategies for dealing with a verbal abuser, keys to rebuilding relationships, and letters from survivors of emotional abuse. You have suffered long enough! This book offers a balm for the battered soul.



**\$12.99 + S&H** .Order online here or call 1-888-800-0574

## Questions & Answers

### Question:

*In the Garden of Eden, after sin, the curse said, ‘...great would be your pain in childbearing’. So, why would that be unusual for the baby during delivery?*

### Answer:

It's not unusual. We would assume that before sin, childbirth would have been painless. Regardless, the curse includes the deterioration of man and woman-kind physically as well as emotionally and spiritually. It isn't just physical pain (ouch!) of delivery but now also the multiple complications that can and do go along with the process.

### Question:

*If a pregnancy goes beyond 9 months, the child does not want to come out or be born; is the opposite true for premies?*

### Answer:

We are uncertain about premies. What we do know that often the mother's health and condition is compromised and for whatever reason, she can no longer hold onto the pregnancy, so babies are born prior to being completely developed and ready for birth at the end of the normal gestational period. We believe that premature births are more related to the mother and her condition than to the child. And who knows for sure, perhaps in longer gestational periods, perhaps the mother has some fear of delivery and/or does not want the child?

### What Others Are Saying:

*We wanted to thank you personally for your lecture, which we felt was superbly organized and presented, as well as being both highly personal and humorous - an unusual yet powerful combination. We were inspired by your story and delighted to have had the chance of learning from both of you. We were pleased with the amount we learned during the presentation. We hope to continue growing in our own recovery, and look forward to having the pleasure of sharing with others what we've learned. ~ Jamie*

## FOOTPRINTS II

In another dream that followed again  
he asked once more  
about the footprints of his life  
left along the shore.

"Dear Lord, It's now quite clear to me  
that You were always there  
and that You never left my side  
when I was in despair.

But how could You have led me  
through such troubled times as those?  
If You love me as you say you do  
why did I face such woes?

For I followed where You led me.  
You know You've been my guide.  
So why was I to suffer,  
when upon You I relied?

And though You carried me at times ~  
deciding my direction;  
I still wonder why You let me stray  
away from your protection? "

"My child," the Lord softly said,  
"though I've walked with you each day;  
I never led the path we took  
nor let you walk astray.

When you look upon those footprints  
lying in the sand  
You'll see I merely walked with you  
and gently held your hand.

For the life I gave to you is yours.  
And though I love you dear.  
The path you followed you chose  
though I was always near.

And though it's true, I carried you  
during times of pain and strife.  
You decided where I left  
those footprints in your life.

You see, I loved you so much so ~  
I gave you your own will,  
Although you've made mistakes,  
my child; you know I've loved you still.

For you chose to live along  
the path left by my Son  
and though your steps fell short of His,  
through Him you now live on! "

~ Anthony John Goebel ~

## Announcements

- **ONLY A FEW DAYS LEFT** to register for the "Why?" seminar in **Portland, April 4-5**. See poster below for more details. [Register online here](#) or call 888-800-0574.
- **DEADLINE TO REGISTER FOR EIDO** - Walla Walla/Milton Freewater session—April 15. Seminar limited to 18 people. First 18 to register with a \$500 non-refundable deposit will attend. Total cost - \$1500. Phone or mail registration only. If you cannot attend either of these EIDOS but would like to be put on a waiting list to be notified of the next date, please email name, email address, location, and phone number to [audrey@yourlri.com](mailto:audrey@yourlri.com). Mark the subject line, "EIDO waiting list".
- **BLOGS** - Keep up with Ron and Nancy through Nancy's weekly [blogs posted here](#). The always enjoy and appreciate feedback and comments.
- **FACEBOOK** - We are transitioning from groups to pages on Facebook. The features are much the same, but pages makes it easier for us to connect with you and keep you up to date on what is happening. [Visit us here](#), become a fan. Feel free to invite your friends also.

"EIDO" is a 6-day educational and experiential intensive seminar that combines lecture, small group and corporate experience.

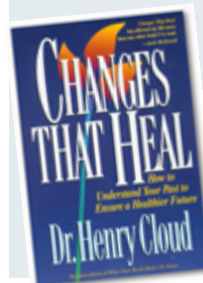


**Walla Walla, WA**—May 4-9  
**Deadline to register—April 15**

**Portland, OR**—Oct. 26-31

First 18 to register for each seminar with a \$500 non-refundable deposit will attend. Total seminar cost—\$1500 (includes lunch daily). Lodging and other meal costs separate. To register call 888-800-0574. For more info [audrey@yourlri.com](mailto:audrey@yourlri.com)

**"Changes That Heal"**. Author: Dr. Henry Cloud. This book is not designed to be read through mindlessly as you lounge in a comfortable chair. It is intended to shatter any false assumptions you have about healing, uncover any cultural theologies that entrap you, correct any misunderstandings you have about God, and bring to light those dark areas of denial that exist in your life.



We cannot control what has happened to us in the past, nor can we control the people in our lives now. But we can control ourselves today.

**\$12.99 + S&H** [Order online here](#) or call 1-888-800-0574





## If I Had My Child To Raise Over Again

If I had my child to raise all over again,  
 I'd build self-esteem first, and the house later.  
 I'd finger-paint more, and point the finger less.  
 I would do less correcting and more connecting.  
 I'd take my eyes off my watch, and watch with my eyes.  
 I'd take more hikes and fly more kites.  
 I'd stop playing serious, and seriously play.  
 I would run through more fields and gaze at more stars.  
 I'd do more hugging and less tugging.

~Diane Loomans, from "If I Had My Child To Raise Over Again"



## Available Live 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](mailto:audrey@yourlri.com) for details and scheduling.



*"There is a way that seemeth right unto a man, but  
the end thereof is the way of death."*

The Broad Road

The Narrow Road

My Way

God's Way

Self Survival

Dependence on God

Selfishness

Altruism

## WHY?

Are we so driven to self-survival & selfishness?

Is it difficult to get on the Narrow Way?

Is it Possible?

**GET YOUR QUESTIONS ANSWERED!**



Drs. Ron & Nancy  
Rocky

**April 4-5**

9 am—4 pm.

## The Evangelical Center

18121 SE River Rd.  
Milwaukie, OR 97267



Life Renewal  
Institute

**\$76**

Includes lunch both days

### To Register:

<http://www.yourlri.com>  
1-888-8000LRI (0574)

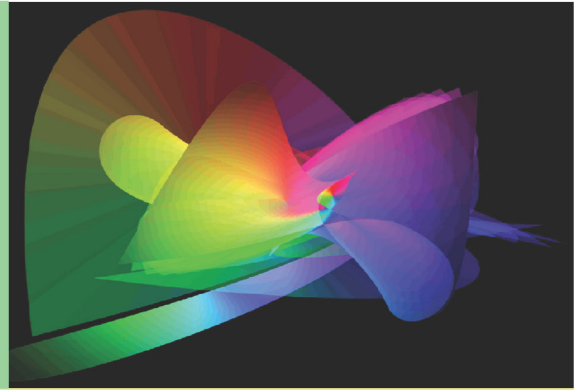
### Local Contact:

Audrey: 503-252-2112



# EIDO

*Seeing stars, it pictures the beyond.  
Hearing bird's sing, it creates a symphony.*



Deprived of such experiences of the senses, the human brain can wither and die. Given a diversity of these experiences, the brain will develop well-rounded competence and a mind capable of understanding complex ideas and forming intimate relationships.

“EIDO” is a 6-day educational and experiential intensive seminar that combines lecture, small group and corporate experience. It is designed to assist you to travel beyond the growth received in your experience of “Binding the Wounds” and/or “The Journey” to a deeper understanding of how your early years have orchestrated adult character and behaviors.

Through the use of a well-tested and proven process, your innate (inborn) specific giftedness will be identified and explored. You will learn how wounds may have caused you to “live” in an area of the brain your entire life, that is not your God-given specialty, thus draining you of vital energy and success in life. Every facet of your life is impacted by this information! Finding success in intimacy, relationships, career, health and spirituality can be yours, when you choose this life-changing experience!

Your six-day encounter will be your opportunity to discover who God made you to be, to learn how your past has detoured your path to fulfillment, and to chart your new journey to joy!

## ***What to Expect:***

**Morning (9am—12pm)** lectures will include new discoveries:

- Rejection and its affect on your entire life—specifically, how a focus on self (the result of wounds received) impacts your intimate relationships and your spirituality. This substantially expands what you learned during “Binding the Wounds” and/or “The Journey”.
- **MindPrint Inventory**—a complete explanation of theory and the impact that results have upon your every-day life. You will be instructed to take the inventory after we receive your registration. Once complete, you will return the inventory to us, and the scored inventory will be returned to you at the seminar. A complete understanding of your own mind’s functioning, the reasons for your adaptation to behaviors not God-given, and the uncovering of your specific giftedness will pave the way to success in all areas of your life.

**Afternoons (2pm—5pm)** are reserved for Small Group Experience, where processes direct you to apply the morning’s lectures to yourself.

**Evenings (7pm—9pm)** are slated for mind-enhancing Corporate Experience. This will round out theory and personal application with practical examples, helping participants to learn through the observations of others and group interaction.

Noon vegetarian meal provided daily.

Breakfast, Supper, and Motel costs are the participant’s responsibility. List of lodging options provided.



Life  
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Institute

Where knowledge merges  
with understanding, creating  
hope and change.

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**Orders over \$100 = free shipping - or - add \$6 for first item and \$2 for ea. Additional item**

Title	Qty.	Price ea.	Total	B/O
<b>BOOKS</b>				
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 (Spanish edition)		\$12.99		
For Men Only		\$14.99		
For Parents Only		\$14.99		
For Women Only		\$14.99		
For Young Men Only		\$13.99		
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		
Hearts Code		\$14.95		
Heart Speaks		\$14.00		
His Needs – Her Needs		\$19.99		
His Needs – Her Needs (audio book CDs)		\$39.00		
His Needs – Her Needs (audio book Cassettes)		\$24.99		
Inside Story		\$5.95		
Invisible Bond		\$12.99		
Lies at the Alter (Paperback)		\$14.99		
Living Successfully with Screwed-Up People		\$12.99		
Loving Your Child too Much		\$21.99		
Magical Child		\$15.00		
Magical Parent – Magical Child		\$17.95		
Managing Emotions		\$9.95		
New Brain		\$15.95		
Nurturing the Unborn Child		\$15.95		
Parenting the Heart of Your Child		\$13.99		
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		\$16.00		
Wounded Heart - Workbook		\$15.99		
<b>Subtotal of Books (enter on reverse side)</b>				

	<b>Title</b>	<b>Qty.</b>	<b>Price ea.</b>	<b>Total</b>	<b>B/O</b>
<b>Audio/Visual</b>					
	22 Week Notebook - Binding The Wounds		\$25		
	22 Week Notebook in Spanish - Binding The Wounds		\$25		
	22 Week Small Group – BTW (English) – DVD + 2 Notebooks		\$249		
	22 Week Small Group – BTW (Spanish) – DVD + 2 Notebooks		\$249		
	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		\$35		
	Journey to NAI – student copy		\$10		
<b>The Journey Small Group Recovery Program</b>					
	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 (with purchase of The Journey Notebook)		\$0		
<b>Misc.</b>					
	Macaroni Pin		\$4		
<b>Subtotal of Audio/Visual and The Journey Program</b>					
<b>Subtotal of Books (from front)</b>					
<b>TOTAL</b>					



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