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2009 June-Newsletter

Nancy Rockey

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Fatherhood is pretending the present you love most is soap-on-a-rope. ~Bill Cosby



June 2009 Volume 30

Editor's Corner

Inside this issue:

Ask the Rockeys	4
Father Influence on Daughter	5
For the Father of a Boy	5
The Healthy Father	6
Connecting	6
Pre-Parenting	7
Hints for Facilitators	7
Every Survivor Knows	8

 My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys." ~Harmon Killebrew Monday I went hiking with three friends. We decided to tackle Dog Mountain after hearing so much about how beautiful it was. We started out with enthusiasm and lots of energy. The sign at the trailhead said 3.8 miles to the top. Elevation 2,800 ft. We were at 0 ft.

It seemed we had been climbing forever when we came to the sign, "Summit 2.6 miles". Then we passed someone on the trail coming down that told us in about 3/4 mile we would come to a lookout and we would be about half way there. Looking up the mountain from the lookout to see how far we still had to go was a little discouraging at first until we

looked back at how far we had already come. As we continued upward and passed different ones coming down, they would encourage us that it wasn't much farther and we could make it.

Four hours after beginning we reached our goal and what a reward it was! Beauty beyond belief, a view of Mt. St. Helens, Mt. Adams, and Mt. Hood, and fields of Balsam Root, Indian Paint Brush, Chocolate Lilies, Yellow violets, and many more.

Life is like a hike to the top of the mountain. We can easily get discouraged looking at how far we have to go, but be encouraged if we look at the progress already made. And then there are those along our path-



way who applaud, encourage, and keep us moving forward supporting us all the way. Step by step we continue forward until we reach our goal.

Fixable Life is here to support you on your journey through life. Please contact us, with questions, comments, or suggestions. We look forward to hearing from you.

Audrey Woods
audrey@yourlri.com

Shirts n' Ties, or Relationships?

My father's name was James - Jim to most people. Ron's father's name was Stanley. I have not had the privilege of meeting Stanley because on a Halloween night long ago, he died suddenly of a heart attack, in Ron's arms, when Ron was just sixteen. Ron did know my

father, who also died suddenly of a heart attack, in our arms, on a hot July night in 1979. Perhaps the similarities between the two men, one in Little Rock, Arkansas and the other in Lisbon, Connecticut, end there - two heart attacks and two deaths in their chil-

dren's arms, but then again, maybe they were somewhat alike.

Stanley was one of seven sons, born to a couple from German/Prussian decent just over one hundred years ago. He was a hard-working (typical German) kid who was gifted with



his hands, and was a locksmith and a sheet metal worker. During the war, rather than being sent overseas to the "thick" of it, he was hired to put heating and air-conditioning in battle ships and submarines. His challenged eyesight did not allow him actual military status.

Jim was the younger of two children, who with his parents and sister, immigrated to America from northern England, when he was eight years old. Had he lived, he would be ninety-six today.

As a boy, he was a powerful athlete, still holding a high school track record, and a gifted musician, who left for New York City at the end of high school, to attend Julliard School of Music. He was drafted at the beginning of WW II and served in Europe during the "thick" of the battles.

Stanley didn't want more children after the first three had come along. He and Renata were financially poor, and because of this, a decision had been made to end child-bearing. Eight years after that decision however, Ron came along.

Jim really wanted children, and his Ena bore him a daughter and a son, but Jim never got to see his son because an accident in the hospital took little Jimmy's life.

As fathers, they were different. Stanley was an angry man, who openly displayed that anger every evening at the dinner table, and brutally to Ron's older brother George with torturous physical beating that frequently left George blistered and bleeding. He ignored Ron and was regular at giving him a quarter and sending him off to the movies alone, beginning at age four.

Jim was a rejected man, who was openly rejected by his mother until she died. His father, a powerful athlete himself, was weak in the face of his powerful and

controlling wife. Jim gave to his only child the only thing he knew - affection and rejection - physically loved but emotionally abused.

Both men had devoted wives; wives who gave of themselves, their love, their affection, their servanthood. But in the dealings with children, both fathers fell short of what their children

needed.

Many stories could be told of these two men, and of men down through the ages who have left their children needy in some aspects of life. Absent, angry, controlling, brutally harsh, weak and noncommunicative, often addicted to the extreme that the addiction was more important than the child. Stories can also be told of men that fulfilled their calling as a father very well, despite their own emotional issues. Interesting isn't it, that in the Bible, God calls himself "Father?" Could it be that an all-knowing God knew that men and women would need what men and women could not offer - a whole and healthy father - one with masculine and feminine qualities? Do you suppose, along with us, that God chose to call Himself "Father" because he knew what our great need would be?

We are told by authorities in the field that men are designed to be Providers, Protectors and Priests. That's who and what they are to be to their families. As you would review the qualities of God, you would discover that God has in Himself and through His son, lived up to those responsibilities! Mothers are to be Compassionate, Concerned, caregivers, and according to the Bible, God and His son also fill the bill there too!

One can review the story of The Prodigal Son in the Bible in Luke 15: 11-32. There you can discover God as the Provider, the

Priest, the Compassionate, concerned and care-giving father, fulfilling many of the roles of both mother and father. There's the story of Jairus, found in Luke 8: 40-56, a father who brought to Jesus his dying daughter, and there you see both the masculine and feminine qualities of God. Both Old and New Testaments reveal stories of fathers, faulty and forgiving, just like yours and ours. Many stories are told of men who wounded their children but intended to do what was best for them. For all but a very few in this day and age, that is the wish of fathers - to do for, to provide for, to protect and to be the carrier of pain for their children, but not all have what is needed to carry out the task. And so the painful wounds are passed from generation to generation.

The amazing thing is that the father's goodness is also passed from generation to generation. The generosity of the father is often seen in the kindness of the son.

Looking back on our fathers, Ron and I recall the gifts we were given from our fathers:

"Fathers stand in the place of God to their children, and frequently, a person's view of God has been colored by their relationship of their earthly Father."

RON:

- A very strong work ethic worked my way through college and graduate school with a wife and two children.
- <u>Determination</u> the ability to figure out a way when there seems to be no way.
- Mechanical ability can fix most running things (cars, machinery and computers)
- <u>A love of music</u> both of us learned to play musical instruments at an older than normal age.
- The ability to start a business and make it successful
- Seeing ahead what a thing or person can be planning and moving ahead with it.



NANCY:

- A very strong work ethic can usually keep on until the project is completed.
- Harmony in color and design.
- <u>Musical ability</u> Dad was a fabulous pianist and soloist I
 used to sing and can play the piano, but not like he could!
 We both LOVED music.
- Organizational ability his workshop cupboards were as neat as my pantry!
- <u>Creative ability</u> Dad could create anything from wood. I can create with fabric, food and crafty items.
- The desire to give people hope He was a great Biblical scholar and teacher. I am not a Biblical scholar, but I love to teach.

Please understand, both of us could list the negative things in us that are like those in our fathers, but for the purpose of this article, it is wise to look back on our father relationship, and find the good that he taught us and the good that we learned and applied.

Recently we sat in a seminar with people who had been wounded by their fathers: Harsh control, anger, rigidity, incest, physical abuse, emotional putdowns, refusal to bond with children, and the list goes on and on. Fathers who treated their children in such hurtful ways, did so because they too were treated poorly.

We do not have to pass on to our children the pain that we received. If we still have children in the home or are just starting our families, we can heal from our wounds and thus pass on wholeness to our children.

Look back on what you received and determine to give to your offspring better than what you got. You know, God gave us in the Bible, several thousand years of history, so that we could look back to the past and not repeat the same mistakes that our forefathers did. How can we possibly do this?

- 1. We must <u>acknowledge the truth</u> about the treatment we received from our fathers.
- 2. We must allow ourselves to <u>recall past incidents</u> (especially in early childhood) with our fathers who were hurtful.
- 3. We must look at the <u>history behind our fathers</u> what did they endure? We must recognize that they are the product of their beginnings just like we are.
- 4. We should get out a notebook and pen or pencil, and <u>begin</u> writing a letter to our fathers that shares with them (on paper) what the incident was, how we felt at the time it occurred, and what the residual effect has been on our lives since the incident. This is for the emptying of the emotional pain that resides in our memories. It is that emotional pain that drives our current negative behaviors.
- 5. When the letter is complete, re-write it into 2-4 pages (more succinctly)

- 6. Make an appointment and take that letter to a trusted friend, pastor, counselor or spouse. Read the letter out loud to that person, making sure that they know you aren't looking for feedback just for a listening ear. This step really benefits those who have never told the story or been heard by anyone else.
- 7. What to do with the letter? Tear it up, shred it, bury it, burn it, keep it in a hidden place. You can do whatever you want to do with it. We do NOT advise you to send it to your father! Let's not create World War III. If you plan to talk to your father about these things, perhaps it would be wise to take someone with you. If you do not have a great relationship with your father, it's best to not do this alone or when you are fragile and/or fearful of further pain and rejection.

We both did these things and have reaped very positive results.

Guess what?

Clearing and cleaning up the relationship with your father will give you a new look at God, the Father. Fathers stand in the place of God to their children, and frequently, a person's view of God has been colored by their relationship with their earthly father!

So as Father's Day approaches this year, why don't you clean up the relationship with two father-figures at once - your Heavenly Father and your earthly birth father. It would be a much wiser and healthier gift than the usual shirt and tie or the "when you care to send the very best" Hallmark card. Just think, you may gain the Daddies you longed for all of your life!



Portland, OR-Oct. 26-31, 2009

"EIDO" is a 6-day educational and experiential intensive seminar with Ron and Nancy that combines lecture, small group and corporate experience. They use several different inventories, to help you discover your unique giftedness. Every facet of life is impacted. In the process you can find success in intimacy, relationships, career, health and spirituality.

First 18 to register with a \$500 non-refundable deposit will attend. Total seminar cost—\$1500 (includes lunch daily). Lodging and other meal costs separate. To register call 503-252-2112. For more info audrey@yourlri.com

Registration Deadline: Sept. 20, 2009

Page 4 Fixable Life, Inc. Volume 30

Ask the Rockeys ??

Question: What is the difference between continually turning the other cheek, and being the victim of abuse?

Answer: This is quite a loaded question, and the answer depends on the people involved, their relationship to/with each other and how you define abuse. Let's give it a stab . . .

The idea of "turning the other cheek is found in Matthew 5:39. The 5th Chapter of Matthew begins with the beatitudes found in the Sermon on the Mount. The entire chapter concerns the attitude that a Christian should have and the responses that as Christians, we should have when being unjustly treated. The Message Bible makes this teaching very clear. Simply stated, we should not be interested in retribution or retaliation for an injustice we have received. We should respond in love.

Now here's the rub: "LOVE is my God-given power of choice to do that which is in the best interest of another, regardless of my feelings." So in dealing with a person who repeatedly abuses you, physically, emotionally (in word or attitude), sexually, spiritually or any other way you can think of, you must ask yourself this question. "Is it in the best interest of _____ to allow him/her to continue abusing me?"

You see, while _____ is abusing you, he/she is simultaneously abusing him/herself! To never call the abuser to accountability, to just keep on turning the other cheek, is not what we believe God means here. We believe that the tenor of the whole chapter is that you as the victim of a perpetrator, keep a positive attitude while doing what is in the best interest of him/her.

So you make it known to your perpetrator in a very kind and mild-mannered way, that his/her behavior causes you pain and is inappropriate. "When you _____, I feel ___ (adjective here). This behavior is not good for you or for me, and I am asking you to stop right away."

If the behavior does not stop, tell him/her again that you have spoken about this before, and since he/she is not stopping the behavior, you are going to respond by: _____(doing whatever is necessary to protect yourself and your children). You fill in the blank. Perhaps you ask the person to leave (if they are living in your home) or you leave. Again, this depends on the

"One night a father overheard his son pray: Dear God, make me the kind of man my Daddy is. Later that night the father prayed: Dear God, make me the kind of father my son wants me to be." ~Anonymous

abuse. If physical or sexual abuse is involved, you need to escape to a safe place, and not return until the perpetrator has proved to you that he/she is in a program for behavioral change - a recovery program. When the program has been completed, make an appointment with a good counselor who can determine if the

change is adequate enough and the perpetrator is truly able to begin living with you again. Separation for this type of abuse should last at least one year. If that sounds harsh, ask yourself how many times you were promised that the abuse would never occur again. How many times was that promise broken? You place yourself and your children in harms way by continuing to stay with such an abuser.

If the abuse is emotional, then you must determine how much harm is being done to you and/or to your children by the attitude shown and words said or the silent treatment. Remember, words said can not be taken back, but remain in the mind of the speaker AND the hearer(s)) forever. We might forgive, but our mind was programmed by God to remember, not to forget.

Yes, the answer is long, but the bottom line is that you are the only one who can determine the level of harm that is being done to you and those who are victims of the abuser, and you must base your action on that and upon the amount of damage the abuser is also receiving at his own hand.

Having said all the above, and it's all important, you also need to look in the mirror, so to speak, to honestly determine what you might contribute to the instigation of an abusive scenario. Some people who grew up with abuse, will marry or stay in relationship with someone who will keep up the behavior that they are used to. Make sure that's not you.



Question: A woman is married to a man who is shunning intimacy, both mentally and physically. Would you call it an addiction when the wife throughout the years has longed for nearness and been feeling miserable. Is that a sin? Should Jesus be enough for

Answer: As human beings, we develop our style of attachment during the first two years of life, based on the relationship and the connection we were allowed to develop with birth mother and father. Dr John Bowlby identified four styles years ago, and his work still is appropriate and helpful. The AVOIDANT tends to keep people at a distance, acts independent and in need of no one. The AMBIVALENT tends to cling to a parent or a partner, seeming to feel that they cannot survive without the other. The DISORGANIZED comes from an abusive past, and vacillates from avoidance to clinging. The SECURE is the style that all would love to enjoy, but very few experience. Able to be oneself, yet also capable of deep intimacy.

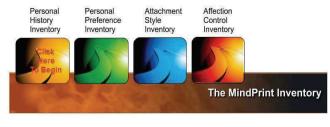
You describe yourself as being lonely and desperate for emotional and physical intimacy with your husband. No doubt you came from different backgrounds and expected different relationships with your spouses.

Is it sinful to desire your husband? Absolutely not! There IS a problem if you can not connect with your mate and he with you.

Suggestions:

- There is a series of inventories available on our website www.urfixable.com. These inventories would be of great help to you both. You receive back computer-generated results and a rather lengthy assessment that we write, having gone over the results of the 4 inventories, known as the MindPrint. This would be of great help to you.
- Our recovery program entitled, "The Journey" has a segment all about Attachment. It's entitled, "The Passenger" and is available here, or by calling 1-888-8000LRI.

We believe that no human being should have to go through life starving for connection, for affection, for tenderness and a confidant. Sounds like you both are, and for that we are so sorry. Seriously consider our suggestions and move forward with determination that your life and marriage will become the best it can possibly be. God Bless you both!



What is the MindPrint?

The MiindPrint is a series of four inventories which when honestly answered and professionally assessed, offers you an in depth look at yourself, your important relationships and the keys to a more satisfied and successful you.







Father Influence on Daughter

A woman's relationship with her father, colors her view of men and the ones she chooses.

Father is the prime role model, assisting her to: relate to the male (achieving) side of herself; relate to the men in her life;

develop ambition, intellect, her professional side, and her spirituality.

Fathers teach value of daughter's: individuality, uniqueness, self esteem, and femininity.

Father models, by his interaction with his wife: communication, commitment, conflict resolution, and responsibility.

Damaged daughters feel: lonely, isolated, hidden despair, fear of abandonment, rejected, rage, tears for no reason, and an injured self.

The absent father (leaves home because of choice, divorce, war, illness, or death) produces a daughter who is: shy, fragile, remote from life, hides from herself, doesn't see reality, a hard woman to access, doesn't listen to facts/reason, lives on high expectations, and demands undivided attention.

The detached or indulgent father (a good man, hard worker, successful, passive, non-communicative or involved), produces a daughter who is: impulsive, free, exuberant, wild, spontaneous, exciting, has poor relationships, knows no boundaries, is not practical, life is undirected, she thrills in danger, rebels against the orderly life, does not face her feelings of guilt, shame, anxiety, compulsions, addictions, and can't handle love.

For the Father of a Boy

There are little eyes upon you,
And they're watching night and day.
There are little ears that quickly
Take in every word you say.
There are little hands all eager
To do anything you do;
And a little boy who's dreaming
Of the day he'll be like you.

You're the little fellows idol You're the wisest of the wise, In his little mind about you No suspicions ever rise; He believes in you devoutly, Holds that all you say and do, He will say and do in your way When he's all grown up like you. There's a wide eyed little fellow Who believes you're always right; And his ears are always open, And he watches day and night. You are setting an example Every day in all you do; For the little boy who's waiting To grow up to be like you.



Page 6 Fixable Life, Inc. Volume 30

Comments

"Have met you both several times, and read your books. Wanted to affirm the incredible blessing you have brought into the lives of my group (and myself). truly, after the first video...I remarked that this was a culmination of my 51 years search personally, spiritually, and professionally (16 years as psych and corrections nurse)."

"I recently finished Binding the Wounds seminar. It changed my life totally. Now I want to live purposely the rest of my life. Thanks Nancy and Ron for opening my eyes." ~Margarita

"God bless...you have made some more "Contagious Christians" already lighting other darkened corners.... ~Timo

The Healthy Father

- 1. Has made a conscious decision to accept the responsibilities of parenthood.
- 2. Accepts the significance of his role as father (provider, spiritual head and guide), even during pregnancy.
- 3. Is willing to participate in the delivery process, being supportive to his wife.
- 4. Is willing to commit emotional support to his children until they are mature enough to no longer need it.
- 5. He is aware of himself, willing to be open to learning, growth and change to benefit himself and his family.
- 6. He is **not** emotionally invested in an exaggerated sense of masculinity.
- 7. Accepts his sensuality and sexuality as an integral part of his nature.
- 8. Accepts that he is not perfect, and that there will always be qualities in himself needing work and improvement—and willing to do so.
- 9. He introduces his child into the outside world in a way that helps him to develop social and moral boundaries between himself/herself and others.
- 10. Realizes the importance of developing honest communication skills between himself and his child, and ensures that he has time and energy to do that.
- 11. He allows his children to break their dependence on him when they begin to make gestures in that direction. (allows them wings).
- 12. He continues to be a source of inspiration to his children by demonstrating his spiritual values and maturity that he has developed through the years and lives accordingly on a daily basis. He is a model to respect, admire and emulate!
- 13. In a healthy father-child relationship, the father allows the child to see his humanness and natural vulnerability, as well as his own strength.

Connecting

Subjects covered in this 9-CD set of a live seminar are:

The history of parenting styles, prenatal influence and the child developing in the womb; advantages of bonding; general influence of a parent's emotional health; learning style & emotions of the developing mind; parents as models and mentors; specifics of Mother/Daughter, Mother/Son, Father/Daughter and Father/Son relationships; and healing a parental wound.







Ron and Nancy are available for live seminars in your area. The seminars are typically 12—18 hours in length and are usually held on a weekend. They travel internationally, and prefer to work in a classroom setting. Their unique style includes team lecturing, interacting with each other and the audience and modeling healthy conflict resolution. If you would like to have Ron and Nancy present a weekend seminar in your area, please contact Audrey, audrey@yourLRI.com

Pre-Parenting

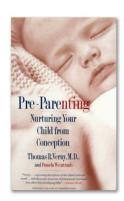
How does a mother's tone of voice affect her unborn child? What kind of music, if any, should a child be exposed to in the womb? Can parents influence the predispositions of their child to traits like depression, or something as elusive as basic goodness? Thanks to revolutionary discoveries in neuroscience and developmental psychology in recent years, says Dr. Thomas Verny, we now know more about these questions than ever. In <u>Pre-</u>

<u>Parenting</u> Dr. Verny translates this research into practical advice for parents and parents-tobe.

Pre-Parenting explains how even the most ordinary events can evoke a cascade of biological changes in a baby—not only in the brain but also in the immune system and throughout the body. Every experience, from a baby's trip down the birth canal to the way she is held or spoken to, can shape

her health and personality. An internationally recognized expert in early human development, Dr. Verny show parents how to use this new information to create an ideal environment for their babies, enhance their babies' intelligence and social skills, and become better parents through "conscious parenting."

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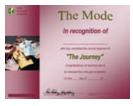
Group Completion Certificates Available

Hints for Facilitators

- Share yourself Your personal testimony makes you one of the group instead of one set apart from the group.
- Don't pressure anyone to read aloud or speak, especially if you sense that they are shy. Give the participant a few sessions to feel more comfortable, being sure to speak individually to them before and after the session.
- Respond lovingly and quickly to an expressed need. It is considered unloving to let a person "just hang" who has expressed a deep need or piece of information, such as a tragic illness or death in the family. Your response and that of the group will assist the person to express emotion as well as words, and the group should be a Safe Place for that to happen.
- Encourage participants Everyone in the group should be made to feel that their contribution is valid. NEVER should you allow an argument to take place. While there may be differing opinions on a topic, arguing is against the character of the group – for many it creates fear.
- No discussion on doctrine or religion allowed.
 There is a difference between religion, doctrine

- and spirituality. These groups help to develop our spirituality.
- Lead in love Create and atmosphere of love, acceptance and forgiveness in the group.
- Do not allow the exposure of another's faults by any participant in the group. This group is about self-disclosure and self-examination only. When a participant begins to complain about another, encourage them to look at their reaction to a behavior. Ask them, "when in childhood did you feel as you do when ___does ___?"
- Allow NO ONE to monopolize time. Simply remind the group that there is material, which must be covered, and each member needs adequate time to participate.
- Make sure you are learning and growing.
- Maintain a relaxed atmosphere. A good sense of humor is a valuable asset. The point is to make participants feel comfortable. Too much formality discourages comfort.
- Remember who the REAL leader of the group is: If you have asked Christ to guide you and to be present in the group, then you need to allow HIM to lead. His agenda may differ somewhat from yours – let that happen.









<u>Download these FREE</u> <u>certificates here</u>, & print, for group members.

Page 8 Fixable Life, Inc. Volume 30

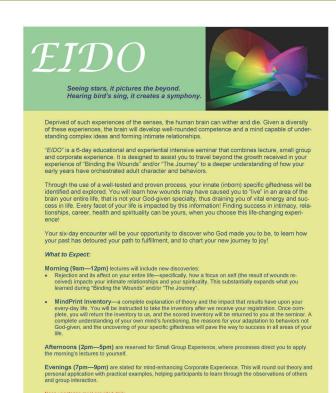
Every Survivor Knows

Every survivor of trauma knows that hiding the pain deep down in the pockets of our subconscious mind will not remove the sting of it. Every survivor knows-and so we process, and we study, we read, and we try to work it out, like a thorn stuck in our foot.

We pick up the tweezers of truth and pry away at it-while trying to hold back our tears and frustration.

I know.

I have worked as hard as any one I know, and I have grown wiser in the process. I have learned that the chronic presence of pain becomes consuming, and sometimes it is necessary to take a break from all my efforts to "heal myself" and hope in the confidence that while I rest, my Heavenly Father does not sleep. ©Linda settles



Primary Business Address 1285 Little Big Horn Road Alto, New Mexico 88312



You Can 'Fly" with FLI

Life . . . It's Fixable is a 501-C3, Educational, not-for-profit corporation.

Our team offers educational information and processes to enhance life for those who have been traumatized, abused and live with daily dysfunction or unhappiness.

We offer an alternative to psychotherapy, helping people to repair and take control of their thoughts, feelings and behaviors, thus enhancing careers, relationships and personal joy.

Upcoming Live Events

Date	Place	Seminar
Aug. 2-5	Atlantic Union Conference	Worker's Retreat
Oct. 26	Portland, OR	EIDO

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