

4-2010

## 2010 April-Newsletter

Nancy Rockey

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“Anyone who has never made a mistake, has never tried anything new.” ~Albert Einstein



April 2010

Volume 39

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*Editor's Corner*



I waited as long as I could to mow my lawn this Spring. I learned to be cautious from experience and a kind fellow's explanation at the lawn mower shop . In the Winter grass goes into "hibernation" - sleep mode. The first cutting in the Spring "wakes it up" and it begins to grow.

Growing wouldn't be so much of a problem if it didn't rain so much in Oregon, but cutting the grass the first time could mean you have a "hay

field" by the next time it's dry enough to cut again. So now I procrastinate, trying to find the "right time". When my lawn was the most unkempt on the street, I decided it was time to mow.

Thinking about it, I realize I tend to do the same with my emotional health. I tend to "hibernate" if I'm not actively learning and growing. I get somewhat comfortable until something/someone comes along and "wakes me up". Then the mainte-



nance starts. Unlike grass, I could choose to ignore the "wake up" and head back to "hibernation" waiting for the "right time", but it never lasts for long and I get another "wake up call".

With the grass I will still procrastinate. With my emotional health I can't afford to.

**Audrey Woods**  
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*Keep the Main Thing, the Main Thing*

New Easter bonnets, newly purchased frilly dresses, the Easter bunny and the candy that "he brings," and lets not forget the frosted coconut cakes, the lilies, the special services and music at church (sunrise or otherwise), the company at home and the special Easter dinner. All of these "fun" things signal

spring and the entrance to warmer, enjoyable family days. Also along with the fun come the chores of planting and tending to grass seed, vegetables and flowers and cutting of grass until winter blows in its first snow, or in warmer climates, the grass takes a rest for a few months.

To us, seeing stuffed bunnies and copious amounts of candy in nearly every store ought to signal the changes within as well. The new light green budding leaves and tender shoots of grass remind us that winter's rest is over and it's time to begin again. God's clock is on time and with it He re-

*"Success seems to be largely a matter of hanging on after other's have let go."*

~William Feather

minds us that we can come alive, we can begin again.

Perhaps you have been hibernating during the winter months, sleeping instead of feeling alive. This can happen in your relationships with others and with God, and He tells us that he is not only the God of creation, but of re-creation as well! Perhaps the atmosphere around us has been cold and unwelcoming since the leaves fell, but the sun has come closer now, days are sunny and warm, and it's time not only to enjoy the sun, but also to bask in the warmth of the "SON."

Often to me, it is a great mystery how leaves and trees can spring up from the poorest of soils and ground, in fact, here in the mountains we often see a pine or piñon tree sprouting out from a tiny crack or crevice in the rock. "How is this even possible?", we ask each other. Even peeking through the snow, tiny daffodil and tulip shoots absolutely amaze us. Ron and I have finally realized that our planting has precious little to do with the successes of those tiny daffodil beginnings, especially when we see pine shoots growing out of a rock. It is always the same power that causes the leaves and daffodils and trees to sprout that also powers our awakening or re-awakening.

*"But for you who fear my name the sun of righteousness shall arise, with healing in its wings. You shall go forth leaping like calves from the stall . . ."*

Malachi 4:2

To be sure, the presence and warmth of the sun can cause the leaves to sprout and the flowers to bloom, and the "Son" can cause healing to bloom within your heart and life. Even though the ground may be unfriendly and unwelcoming, still through the energy God offers, life can spring forth from lifelessness. Even in the desert, springtime thrills the inhabitants with multi-colored wildflowers. There has been, in most cases, very little nourishing water and not much in the way of fertilizing substance to encourage the growth, but still in God's universe, beauty comes forth from nothing. This being the case, why is it so difficult to fathom that the same God who causes beauty to grow all around us, can cause that beauty to spring forth within us? What prevents us from seeing endless possibilities for beauty in our personal lives and in our relationships?



## Words to Ponder.....

Pray all the time. If necessary use words.

Never miss a chance to read a child a story.

You'll give up on yourself before God will.

Flattery is fancy dishonesty.

We treat others as we **perceive** God is treating us.

Max Lucado

Often the frustration we feel in our lives now, is the result of earlier experiences of religious frustration. Maybe you were raised in a family where religion or spirituality was ignored, frowned upon or even totally discounted. Or just the opposite, you might have been raised in a family where religion and rigid standards were harshly enforced, and you felt imprisoned by the fact that you were a child and someone else was in control. You may have decided to swing, like a pendulum, to the other side – to be free as a bird and totally in charge of your behaviors, your choices and your comings and goings. If that's the case, could it be that resistance to things spiritual (notice that we didn't say religious) is keeping you from the relationship that would bring to you the greatest peace, love and joy?

Perhaps you had a parent, especially father, whose attitudes and behaviors were far from loving or accepting. If so, you interpreted that God is anything but loving too. Why? - because parents stand in the place of God to their children when they are below the age of seven. The way you saw and experienced your parents would be the way you believe regarding God.

Maybe you once believed and attended a church or synagogue regularly, but the pastor or rabbi or the people who attended there were not representative of the true loving character of God. You may have felt like the "odd man out" or that you did not belong. Maybe there were cliques who did not include you or perhaps you felt that the hypocrisy of the "saints" was too much to bear. Look at the scandals that have rocked

"I've learned that either you control your attitude or it controls you."

the religious world – sexual inappropriateness or abuse has raised its ugly head in most denominations and has nearly financially ruined some Catholic churches. Were you a victim of such abuse?

There is a blunder that many people make. They equate God with the people who supposedly represent Him. That's a whopping mistake! God is without flaw, without sin, and people (church members or not) are sin-filled, thanks to our original earthly father – Adam., Yup, those people who sit or sat near you in the church pews had beginnings too, and they may have received more damage from them than you did from yours. And so, they like you are simply living out the results of their wounds – using their own poorly concocted survival techniques (living out of their survival brains rather than loving hearts) and trying to make it from one day to the other. Unfortunately, some of these survival techniques wound those who use them and those around them.

One more thing that needs to be considered here is that Satan, God's enemy has an agenda. It is to see to it that you are separated from God so that you cannot feel his love and his acceptance of you. He uses the circumstances of life and the people with whom you relate or have related in the past, to wound and teach you the opposite of God's love. You have the ability to submit to God's agenda for your life, which is to bring you abundant joy in relationship with him, or to choose to allow the enemy to have his way with you. His cunning ways are so subtle that it is difficult to see that he is orchestrating the circumstances of your life to separate you from all of the people and experiences that can verify God's power in your life and His love for you. One of his favorite games is to play divide and conquer. He does this in marriages, in parent/child relationships and in so doing, he discourages and disappoints leaving us discouraged and feeling hopeless.

Consider this as we have experienced yet another season of multi-colored stuffed rabbits, ducks, lambs and chicks and chocolate this n' that, colored eggs and big dinners. Remember what is really supposed to be represented in this Easter season – the resurrected and risen Christ. Recall what Paul said in Romans 6:4 . . .

*"Therefore we were buried with Him in baptism unto death, in order that, like as Christ was raised from the dead by the glory (goodness and mercy) of the Father, .even so we may walk in newness of life."*

May God grant you the strength to move past the roadblocks in your life to having the risen Lord reside in your heart and experience, is our prayer.

## *The Passenger - Step 1*

Discover your personal attachment style and how it developed from your time in your mother's womb and forward. Gain an understanding of how your beginnings impact your life today.



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An introduction to *Binding the Wounds*, and *The Journey* with a sample clip from each segment of *The Journey*.

It is great for use in explaining to someone what these programs are all about.

To get your **FREE** copy, send your mailing address to [Rockeys@itsfixable.com](mailto:Rockeys@itsfixable.com).

Subject line— "Free Intro DVD".

## *The Rose Within*



A certain man planted a rose and watered it faithfully and before it blossomed, he examined it.

He saw the bud that would soon blossom, but noticed thorns upon the stem and he thought, "How can any beautiful flower come from a plant burdened with so many sharp thorns? Saddened by

this thought, he neglected to water the rose, and just before it was ready to bloom... it died.

So it is with many people. Within every soul there is a rose. The God-like qualities planted in us at birth, grow amid the thorns of our faults. Many of us look at ourselves and see only the thorns, the defects.

We despair, thinking that nothing good can possibly come from us. We neglect to water the good within us, and eventually it dies. We never realize our potential.

Some people do not see the rose within themselves; someone else must show it to them. One of the greatest gifts a person can possess is to be able to reach past the thorns of another, and find the rose within them.

[http://www.indianchild.com/rose\\_within.htm](http://www.indianchild.com/rose_within.htm)

## *The Mode - Step 2*

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## Comments



*I would like to receive newsletter & could use "Binding the Wounds" info for a couple I am working with but do not have funds for this. Would you have and used copies or know where I could inquire, please? Thank you and God bless.*

**\*\*\*Note:** *If you have a used copy of BTW that you would like to donate for this cause, please let us know.*

## Binding the Wounds

This video series contains 22 thirty minute lessons to be used with the accompanying Workbook in a small group. Participants view a session and then do the corresponding work in their workbook and share in their group. The *"Binding the Wounds Video Series"* is recommended for use by gender-specific small groups although it can also be adapted for use by couples in meaningful relationships. This set of psycho-educational DVDs and 2 workbooks teach a process whereby one can recover from the wounds received in childhood which plague our thoughts, feelings and behaviors and sabotaged our relationships and success. When participants fully invest themselves in the process, positive results are life changing.



***"Given another shot at life, I would seize every minute, look at it and really see it , live it and never give it back."***

*~ Unknown Author -*

You can find facilitator training on the web. [Click here to download 4 training videos.](#)



*"Binding the Wounds"* recovery program is the precursor to *"The Journey"* – Fixable Life's psycho-educational flagship program. *"The Journey"* contains the latest in science based psychological information and is designed for participants of all spiritual walks as well as those who hold no particular beliefs about religion or God. *"Binding the Wounds Video Series"* has a Christian point of view and includes quotes and exercises which include the Bible as their basis.

**\$249 + S&H (incl. 2 wkbks.)**

[Order online here](#) or call 1-888-800-0574

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 [Rockeys@itsfixable.com](mailto:Rockeys@itsfixable.com)

## Schedule of Live Events 2010

April 30—May 1	Retreat for the El Paso Anglican Church staff - being held in Ruidoso, NM
May 15 - 16	El Paso, TX - <i>Why?</i>
June 16-18	New Mexico Camp Meeting - Albuquerque Convention Center - Heart Connection Seminar
July - August	Reserved for writing and filming
Sept. 11 - 12	Springfield, Illinois - More info TBA
Oct. 2 - 3	Simi Valley, CA - SDA Church - <i>Why?</i>
Nov. 6 - 7	Event Pending
Dec. 4 - 5	<b>Available</b>



### 2011

Jan. 8 - 9 **Available**

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*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.*

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**"Today, see if you can stretch your heart and expand your love so that it touches not only those to whom you can give it easily, but also those who need it so much."**

~ Paul De Rapin

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<b>Changes That Heal</b> - Dr Henry Cloud		\$12.99		
<b>Changes that Heal</b> – Workbook		\$12.99		
<b>Chosen</b> - Drs Ron and Nancy Rockey		\$12.99		
<b>En Casa</b> – Belonging (Spanish edition)		\$12.99		
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	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 - Authors Drs Ron and Nancy Rockey</b>					
	Passenger Lesson Guide DVD		\$149		
	Passenger Notebook		\$49		
	Mode Lesson Guide DVD		\$149		
	Mode Notebook		\$49		
	Route Lesson Guide DVD		\$149		
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