

5-2010

## 2010 May-Newsletter

Nancy Rockey

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“A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.” ~Tenneva Jordan



May 2010

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## Editor's Corner

Have you ever wished you could get a glimpse into the heart of another person? See what they were really thinking? How they feel? What their struggles and joys really are?

I have had that privilege over the last few months to a point. A couple of years ago, when I went home for a visit, my Dad offered to let me take any books from their library that I might want. There was a whole shelf of Max Lucado and since I knew

Angel liked reading him, I chose to bring them home. Daddy said Mama had loved them also.

On the shelf they went when I got home and aside from letting Angel know they were available to read, I forgot about them until just recently.

As I was looking for something for my morning devotions, they popped out at me on the bookshelf. The first one I pulled out was, “When God Whispers Your



Name”.

As I read I began to get a glimpse of my Mom’s inner struggles with life, due to highlights and underlines in the book. Giving me a deeper appreciation of her.

Even though my Mom passed away in February this year, I’m still getting insights into her determination to learn and grow and make things better.

**Audrey Woods**  
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## Memories

It’s really difficult for me to get my head around this fact, but it is true, nonetheless. This year is my 50th anniversary of graduating from High School. Let’s see, does that make me really old? Let’s just say mature – it sounds better.

My High School years were not the happiest in



my life, yet as I spend time reading the Norwich Free Academy Newsletter that is regularly sent to me, I can recall some pleasant times. I recall Friday

morning’s home room time, when the entire school; stood in their homerooms to sing the school song. Three thousand voices, some with great loyalty who sang vigorously (me) and others silent out of embarrassment or not really caring, sang:

*“The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.”*  
~Honore de Balzac

*'Til the seas become abated and the stars forget to shine,  
'Til the clouds obscure the sunlight and 'tis darkness all the time.  
'Til the raindrops cease their falling and the winds forget to blow,  
'Til this gay old world stops whirling, N.F.A. our love shall know.*

*Hail to all her sturdy heroes; heroes of the track and field.  
Ones who see no end to victory, heroes who would scorn to yield.  
With a vim and zeal unequalled, they will fight unto the end.  
Each one knowing 'tis his duty, his school's honor to defend.*

*When in years to come we're severed from our home we love so well.*

*In our hearts the golden memories of our youth will ever dwell.*

*WOOPS! Forgot the next line and a half!*

*N.F.A. – a priceless pearl!*



Amazing isn't it that the mind is able to recall **almost** three verses of a school song sang for four years of Friday mornings, fifty years later. Memories that have some emotional content are much easier to recall than

those which do not have emotions of importance. For me, I suppose that Friday mornings were the one time that I truly felt a part of the school. I was not allowed to be a part of the extra-curricular sports activities, the dances or any of the Saturday activities of the school, so singing the school song was an activity that helped me to feel like I belonged.

Just a bit ago, I went to the cedar chest looking for my yearbook – it wasn't there – but I did find some things that evoked emotional memories! In a brass box, sit my banana curls from age seven. My mother often told how I begged to have my hair cut so that I could be one of the "gang" at school. That haircut cost her great pain, so she actually saved some of the curls, still

## Words to Ponder.....

Greed I've often regretted. Generosity-never.  
Pursue forgiveness, not innocence.  
Conflict is inevitable, but combat is optional.  
Succeed in what matters.  
You'll regret opening your mouth. You'll rarely regret keeping it shut.

Max Lucado

shaped the same as when they were cut from me, sixty-one years ago.

There's a little baby bracelet there too, in a tiny covered basket. It is blue and white and was around my baby brother's wrist when he died in the hospital due to an accident.

There's my grandma's book of Common Prayer that was given to her when she was confirmed at St. James Episcopal Church in Oldham, England over a hundred years ago. Come to think of it, there's a plate in our China Closet that has on it the picture of the bishop who confirmed my Grandma. If she were alive today, she'd be 114 years old!

On an oval table that my Dad bought for 50 cents at an auction when I was twelve (and he then refinished) sits a picture of my Grandfather when he was a teenager. Hidden carefully away is a cameo that has survived since my Great-great Grandmother! And pictures? Loads of them that when viewed, conjure up experiences and people long since passed.

Actually, all it takes is a whiff of my mother's crocheted or tatted edged hankies (carefully packaged in plastic to retain her smell) and I am in tears. She's been gone since 2005, but the recall of her tender ways, her velvety soft hands, her many kindnesses to me, to Ron and to our girls are precious memories that I choose to cherish!

*Happy Mother's Day!*

## "An ounce of Mother is worth a pound of clergy" ~Spanish Proverb

Interesting isn't it, how especially at holidays we bake and cook things that we recall from childhood, and when we eat them, we gaze knowingly at each other across the table. Often a tear or two escape us as we recall the special people attached to those delicacies. Amazingly, the senses most tied to our emotions are taste and smell. Bet you can think of a taste that brings up pleasant thoughts (or maybe not-so-pleasant thoughts) from the past. Grandma Scott's muffins – YUM! Mother's cabbage casserole – YUK!!!

Recently I found my mother-in-law's recipe for pecan "sticky" rolls. My Ron didn't have a really great relationship with his mother in childhood or adulthood until recovery began on his part.



By the time of her death, he had become very special to her – perhaps because of his major life changes. She

was a fabulous baker – grew up in a bakery and worked for a large department store chain in their gourmet bakery for years. I was terrified of trying to re-create those sticky buns, because I know how much he loved hers, but I decided to try anyway. And when Ron took those first couple of bites, his eyes filled with tears. "WOW! A perfect replica of what my mother made!" he exclaimed. Years of childhood memories showed up that day – positive and negative, but he is ever-so-grateful for me attempting what I thought was the impossible, so I'll have to do that again!

Actually, it is very amazing how the human mind works! A stimulus comes to us from the outside world or even from our own mind or body. At an incredible speed, we automatically peruse through our memories, stored both in the brain and in the "brain of the heart" and we respond out of the memory that is most charged with emotion. So much of the way we react to life today is totally related to or connected to that which we experienced years before. You may have been in a seminar where we asked participants to close their eyes, and we told them we would say a word and asked them to respond to that word – letting their mind

go wherever it went – when they heard the word. Often we use the word chocolate or popcorn, and it is amazing to hear the responses from those willing to share where their mind/heart took them. Mother's fudge at Christmas, a special chocolate cake dessert they ate on the first date with their mate, Saturday night popcorn and apples as a child, etc. Often the emotion connected to the memories comes up also, and we see tears, joy, wistful remembrance, etc.

We are a collection of our memories, dating back to even the in-womb experience. Of course, not all memories are recalled. It would be impossible to recall all of life's experiences simultaneously, but those experiences lie safely within the filing cabinets of the mind, and are the impetus for most of the decisions, thoughts, choices and relationships we make today. They are what make up our character, our thoughts and feelings, as both thoughts and feelings have their origin in our memories.

How valuable it is to look back to our beginnings, to find pictures and recall stories of those relatives in our history. Four generations influence who we are, and that amounts to 30 people. In most cases we are fortunate if we recall or have even met half of them. It'll serve you well to do history while you can. Ancestry.com has been a blessing to us. It has helped us to investigate our beginnings and discover the courage, the determination, the strength and of course the weaknesses of our predecessors. Stories told to us by

### Free DVD

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

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parents and grandparents have helped as well. We have chosen to write down what we know so that our children and grandchildren will understand their roots also. What we know about ourselves gives us the option to change what doesn't work well in our lives, and that we can accomplish through our recovery programs and through the power of God who desires that we be emotionally whole and healthy.

Think about how much greater ease we will have in marriage or other relationships when we understand ourselves and correct those thoughts, feelings and behaviors that do not serve us well. Just think about it, when two people marry, they bring with them into their marriage, 60 other people who will have some influence on how their relationship works, and at least half of those people are unknown to the couple, even though they have impact on who each one is and the relationship between them.

Watch for our new program for married and engaged couples: Heart Connection.

It is due to be completed by the fall of this year. We have already taught it in seminar format, and it will be coming out in DVD and book/workbook format soon.

Plan ahead for your church or organization to experience the seminar. Following a seminar or even without one, engaged and married couples will experience transformation and renewal in their relationships by use of the videos and book/workbook!

**Bottom Line:** Your memories and your response to them, make you who you are. Who you are contributes both positively and negatively to your relationships. Your behaviors today are a result of your experiences earlier in life. You can remove the negative emotions from painful memories, leaving you without the driving force to unwelcomed behaviors today.

Now I'm going to make banana bread, and while I do, I'm going to keep singing my High School song and see if I can come up with that missing line and a half.

You too can make a memory! Want Ron's mother's Pecan Sticky Roll recipe??? Well . . . send your response to this article and we'll send along her recipe to you. [rockeyes@itsfixable.com](mailto:rockeyes@itsfixable.com)



Lately we are seeing more and more couples in distress. The financial picture in this country and abroad does not look great, and we know that this adds to the stress felt in homes everywhere. We are hearing of earthquakes, volcanic eruptions, tsunamis, floods, fires and calamities of all sorts happening both near and far. All of these natural disasters add to the financial stress and the emotional stresses of people everywhere.

*"Men's hearts failing them for fear of what is coming upon the earth,"* the Good Book says. While all this is happening, many are distancing from God, from the support that can be gained by a church family and from the love, comfort and support that is found in a loving family at home. Everyone blames everyone, but few look in the proverbial mirror to see what they can be contributing to the emotional upheavals they and their loved ones are feeling.

Last year, we went to the Czech Republic, and there conducted our "WHY?" seminar with Petr (yes, that's how you spell Peter in Czech) our translator. We discovered that there, the government is concerned because their divorce rate is extremely high. We were asked to create a Marriage Program that both the government and the church could use to help couples to resolve their personal issues and their marital pain. The government there actually plans to take it to cities

around their country in a mobile unit, so that they can benefit their own people.

As a result of what we see around us, what we hear about the divorce rate of Christians and of those who profess no religion, the request of the Czech Republic government and of a Glendale, AZ Church, we decided to create a new program designed for engaged and married couples. Some of you may have taken our "Created For Success" Marriage course that came out over ten years ago. While it was beneficial to many, we have decided to update, to improve the quality of the program, and to make a program that will positively impact the secular as well as the church.

We created a seminar entitled "Heart Connection" which we presented at the Glendale Church in Arizona, with very good response. It incorporates new science as well as sound relational and psychological principles. We will be presenting a shortened version of that seminar at the Texico Conference Camp Meeting in Albuquerque this summer (June 16-18), and will be also working on a book/workbook and corresponding videos. We are excited about this project, and look forward to completing it during the summer months so that it is ready for fall presentation.

Our prayer is that it will cause a positive change in the divorce rate, and here is where you come in. We solicit an interest in your prayers as we prayerfully and carefully continue the creation of this program. We encourage you to send any suggestions you might have; subjects you want us to be sure to include. You can send these to [rockeys@itsfixable.com](mailto:rockeys@itsfixable.com).

AND we thank you in advance for your help and support!



A man stopped at a flower shop to order some flowers to be wired to his mother who lived two hundred miles away.

As he got out of his car he noticed a young girl sitting on the curb sobbing.

He asked her what was wrong and she replied, "I wanted to buy a red rose for my mother.

But I only have seventy-five cents, and a rose costs two dollars."

The man smiled and said, "Come on in with me. I'll buy you a rose."

He bought the little girl her rose and ordered his own mother's flowers.

As they were leaving he offered the girl a ride home.

She said, "Yes, please! You can take me to my mother."

She directed him to a cemetery, where she placed the rose on a freshly dug grave.

The man returned to the flower shop, canceled the wire order, picked up a bouquet and drove the two hundred miles to his mother's house.

## Comments



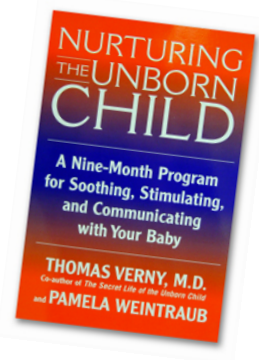
*Thank you Dr Ron and Nancy so much for your powerful and informative seminar at the Glendale SDA Church! Dr Rockey I talked with you afterward. I have told many people about this including my friend Rosse Mesa in Philadelphia who has her masters in Psychology. She was excited about what I was telling her and she just ordered the Binding the Wounds program for evaluation. And she may become a facilitator in her Brazilian Church group. God knows.*

*Thanks again!*

*Cleophas Curtiss Mims II*

## Nurturing the Heart.....

Dr. Thomas Verny is a pioneer in the field of pre- and perinatal medicine. This book explores the many ways in which parents can nurture a relationship with their child BEFORE birth. By following this nine-month program, parents discover what every baby perceives at each stage of development, and then practice exercises to explore each stage accordingly. Also included in "Nurturing the Unborn Child" are exercises for pregnant women to help them stay calm, happy, and free from anxiety during this exciting but stressful time.



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***"Being a full time Mother is one of the highest salaried jobs in my field, since the payment is pure love"***

*~Mildred B Vermont -*



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*

June 16-18	New Mexico Camp Meeting - Albuquerque Convention Center - <i>"Heart Connection"</i>
July - August	Reserved for writing and filming
Sept. 4 - 5	Springfield, Illinois - <i>Why?</i>
Sept. 25 - 26	Event Pending
Oct. 2 - 3	Simi Valley, CA - SDA Church - <i>Why?</i>
Oct. 9 - 10	Event Pending
Nov. 6 - 7	Event Pending
Dec. 4 - 5	<b>Available</b>



### 2011

Jan. 8 - 9      **Available**

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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>His Needs – Her Needs</b> - Willard E Harley		\$19.99		
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<b>Magical Child</b> - Michael Mendizza and Joseph Clinton Pearce		\$15.00		
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	<b>Title</b>	<b>Qty.</b>	<b>Price ea.</b>	<b>Total</b>	<b>B/O</b>
<b>Audio/Visual - Authors Drs Ron and Nancy Rocky</b>					
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	22 Week Notebook in Spanish - Binding The Wounds		\$25		
	22 Week Small Group – BTW (English) – DVD + 2 Notebooks		\$249		
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	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 Rocky</b>					
	Passenger Lesson Guide DVD		\$149		
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	Mode Notebook		\$49		
	Route Lesson Guide DVD		\$149		
	Route Notebook		\$49		
	Destination Lesson Guide DVD		\$149		
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