Spring 4-2015

2015 April Newsletter

Nancy Rockey
When was the last time that you noticed someone who looked downcast or gloomy? How recently did that little voice inside of you urge you to speak to someone who looked lonely or to visit someone, ill or not, who you might have been able to encourage just by your presence?

So many of our readers have been to one of our seminars or even joined a recovery group of *Binding the Wounds* or *The Journey*. No doubt you recall how you felt when you decided that some need in your life warranted attention, and you came across a seminar or recovery group and decided to participate. What you learned should have given you the inspiration you needed to continue in recovery and find a brighter and better life experience. You learned that so many have been wounded in their character-forming years, and as a result are suffering from the scars of their wounds. The scars created from what they endured probably have manifested in anger, sadness or depression and addictions that are hard to overcome.

Did you know that your willingness to listen to that still, small voice would be an encouragement to you? Did you know that reaching out to benefit someone else can, in turn, benefit you?

In a great little book entitled *Ministry of Healing*, we find these words:

“Nothing will arouse a self-sacrificing zeal and broaden and strengthen the character as to engage in work for others. Many professed Christians, in seeking church relationship, think only of themselves. They wish to enjoy church fellowship and pastoral care. They become members of large and prosperous churches, and are content to do little for others. In this way, they are robbing themselves of the most precious blessings. Many would be greatly benefited by sacrificing their pleasant, ease-conducing associations. They need to go where their energies would be called out in Christian work and they can learn to bear responsibilities.”

Our daughter Naomi, is a Mary Kay consultant. She has found products in that company that benefit men and women who purchase them. It’s amazing, how perking up one’s appearance can make a difference. Recently, Naomi went to a Domestic...
Violence Shelter in our area, and gave each woman there a special “Satin Hands” treatment and did makeovers, helping to perk up the emotional doldrums’ that women in such a difficult situation experience. Guess what? Naomi came home with her own spirit lifted because she was such a blessing to hurting women. She plans to do this for the women on a monthly basis.

When was the last time you baked a batch of cookies or a loaf of bread for a neighbor? When was the last time you made a phone call just for the sake of brightening someone’s day?

When was the last time you reached out with words of comfort or healing, or maybe even uplifting instruction to someone who you felt needed it? We know for sure, that after attending a recovery group, you are more sensitive to the facial expressions, body language and tone of voice of others. Instead of ignoring the message that you receive from others, speak to it. If you don’t know the words to say, a few homemade cookies, a small pot of homemade soup or just a card of encouragement with a few personal words written, will make a huge difference for the receiver. If you know their background or the difficulties they suffer, consider a small book. Shadows of Acceptance and its accompanying workbook can make a real difference to someone. And what will it cost you? Probably 2-3 cups of that pricey coffee or a couple of ice cream cones, but the good it could do could be a life-changing treasure for someone in need.

Audrey, who organizes, beautifies and sends out our Newsletter (yes, the one you’re reading) attended her first seminar years ago. The life change that began then has benefited not only Audrey, but her entire family and many others along the way. She has organized and sponsored many seminars. The last was recently in Portland, OR. She used our videos, Binding the Wounds – A Live Seminar, and then skyped with us for an hour of Q and A toward the end of the seminar. We could be “there” on the screen, answering questions and connecting with participants. She has begun The Journey small groups once a week for those who chose to continue and recover from their wounds. Audrey never stops and says that she never will. What a blessing she has been to hundreds in the greater Portland area!

Don and Priscilla, a couple who are our age, found a better life about 15 years ago. Ever since then, they have facilitated Binding the Wounds and Created for Success (our marriage program) for the greater Phoenix area. They have conducted classes in their own home and at their church (Glendale) and have sponsored seminars there as well. Regardless of the fact that they deal with physical illness (MS and Diabetes) they keep on keeping on to benefit others as they were benefited. It’s called “Paying it forward,” they say. And in the process they are thrilled to see people open their heart’s door to a relationship with God. How much better it is to help others than to just sit home complaining about ailments.

Spring is springing, so it is time to get out of the confines of your heated home and into the sunshine of God’s love. Join the many others who like Audrey, Don and Priscilla and Naomi, are planting seeds of
love and hope in the lives of others. Spread them around this spring, and put a spring in your own steps and a lightness in your heart!

More Tools. . . .

Ron grew up hopelessly ensnared in the sticky spider's web of emotional and physical abuse. Nancy was a child trapped in a prison of worthlessness and rejection. They are both survivors.

Now one of the foremost Christian couples working in the area of recovery share amazingly effective techniques for overcoming abuse and rejection. **$12.99**

**Shadows of Acceptance** is a broad expose of an experience that every human being has dealt with at one time or another during their lifetime. Rejection is the flipside of what we all need, and its shadow or results haunt us, stealing our joy and our relationships. **$13.95**

Workbook for small groups - **$9.95**

People everywhere have questions about why life has dealt them a devastating blow, or why their thoughts and feelings lead them to behaviors which sabotage their joy and distance them from the very relationships they long for. You'll find the answers in this book. **$13.95**

Workbook for Small Groups - **$9.95**

Thank you, for continuing to connect with us and comment on the blog. We always enjoy hearing from you and
learning what subjects you would like to discuss.

Contact the Rockeys with your questions and/or comments

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