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2013 June Newsletter

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Royal Crown Cola?

**It's True!
Life & Relationships
Are Fixable!**



Living on the East Coast in my growing up years, there was a very popular carbonated beverage called Royal Crown Cola. At the time it was as popular as Coca-Cola. We called it RC Cola for short, and once in a while one can still find it today. Why in the world would we write about Cola in a Fixable Life newsletter? We would because the initials are some you should memorize, and have them stand for something other than a drink. You'll find them in this article - RCC.

Everyone has a life story, and sometimes those stories still haunt us today. Do you have a story of the past that keeps bugging you? Do you find yourself daydreaming about the way you wish it had been? Do you think that what happened "then" is orchestrating how you feel and think and perhaps even behave now? If you have answered "yes" to any of these questions, you might consider three steps to changing the way things currently are.

1. REFLECT - Go back in your memory to the time around which that "incident" or series of incidents happened or perhaps even the general tone of your surroundings and relationships during that time period. Consider the people and places. See the scenes, hear the words, name the players in the story. Now look more in-depth than you ever have, at the people or person. Was it one of your parents, or maybe both of them? Perhaps a sibling, a neighbor

or family friend. Think carefully about the life of that individual who is the "star" of your story.

Ask yourself:

- What kind of beginnings did this person come from?
- What were the circumstances of their life when your story occurred?
- What kind of life experience would prompt that person to behave in the manner that they did?
- What were the circumstances of your life at the time?

Once you have answered these questions, you may have a new and different LOOK on the event and on the players who were a part of your story.

2. CORRECT - Now it is time to not alter the history, but alter your view of what took place, if that is possible. Ask yourself the following questions:

- What about this story keeps me stuck as the victim?
- What am I gaining by holding onto this story as it is, and continuing to feel, think and behave accordingly?
- What will I lose by understanding the player(s) and allowing forgiveness to flow from God through me for the player(s).
- Is there anything that I could have done to prevent the occurrence or encourage/benefit that person?

Remember the story of Ron when he was a little boy and had won a white

Upcoming Events

June & July

- Rest, write & Recuperate
- Numerous Private Consults
- Weekly Small Groups - Male & Female

Aug 23-26

- Adventist Chaplains Convention and Mini-Seminar for prisoners at Ohio State Penitentiary.

Oct. 5&6

- LaGrange, Brookfield, and Burbank, Illinois SDA Churches Outreach to the Community. More details later.

rabbit? He had built a hutch for the bunny, and was going away with a friend for a weekend. He asked his mother to take care of the rabbit, and when he returned, the rabbit was dead. For years Ron blamed his mother and carried his story in his mind.

Now the truth was that a weasel had gotten into the hutch and killed the rabbit and his mother had actually shown him the two teeth marks on the rabbit's neck, but Ron had forgotten that. You see, he had added to the story other stories of losses he had experienced, and there were quite a few. The hatred for his mother escalated with each loss he experienced.

However, Ron chose in his recovery process, to speak to his mother about the incident, and ask forgiveness from her for the feelings he had carried. It was then that he was reminded of the truth about his bunny's death - the weasel had done the dastardly deed. Once reminded of that, he was able to CORRECT the story, and let go of the resentment toward his mother.

So - ask those who might be "in the know" about your story. Get their recollection and their information, and see if that knowledge can create an understanding of the people involved. If so, you can allow your resentment to dissipate.

3. CONNECT - Once you have accomplished Steps 1 and 2, you can move forward to connect or re-connect with the individual(s) for whom you have carried the burden of bitterness, resentment and anger. What a blessing that will be for you!

Ask yourself: Do you know the other side of the story? Have you asked about it?

Many of us want to and try to connect with those who have wounded us, but we have a hard time because we haven't accomplished Steps One and Two. That's a problem! Perhaps someone who is ever-present in your life, like a spouse or your child for example may have done something which has, for whatever reason, upset you. Instead of just trying to forget it, why not reflect, correct and then connect. You see, God designed your mind for remembering, and we usually **really** remember negative experiences. They dog our steps even though we might not recall frequently the experience that was hurtful. The sub-conscious mind not only houses memories that we aren't thinking about at the moment, but those memories choreograph how we feel, think and behave today.

Even recent misunderstandings with others can send us to a ten, and then of course, we blame them for what happened. But the question is, have you got a full understanding of the other side of the story? Have you gotten off your self-pity enough to ask? Are you one of those who just chooses to remain a victim 24/7, and everyone else is made to be the problem? We are told in Paul's writings in Scripture: that we are to cast down every imagination, and in Luke 1:51 that God has scattered the proud and the haughty in and by the imaginations and the purpose and design of their hearts. Rather than conjecturing about the truth, we should find out the details from others involved, so that RCC can happen.

So you see, it's not Royal Crown Cola at all, but Reflect, Correct and Connect. In so doing, you become part of the Royal Crown of the Lord. It's a great way to live!

What a Blessing!



These critters are certainly lovely to look at from a distance, grazing in a field with their young. They are NOT so lovely when they jump over a fence and fly into your moving vehicle!

Amazing, but we had been trying to sell our Pacifica for several months, with no bites. Finally, because the brakes needed to be replaced on our other car, we took the Pacifica off of the lot, and I was driving it home at about 9:30 pm after my small group met.

Out of the navy blue sky came a deer, whose first impact was to the front fender, near the headlight, but then she slid down the car, denting the side and tearing the rear bumper! I was unhurt, but the poor Pacifica was another story!

Our daughter suggested that this mishap might be more of a blessing than a curse. We got the insurance funds, and then in 3 days sold the damaged car! The proceeds were enough to get Ron his special indoor motorized bicycle, so that he can do what helps Parkinson's the most - **EXERCISE!**

'Tis true - the Lord works in mysterious ways, His wonders to perform!



"A human being is a part of a whole . . . (but) he experiences himself, his thoughts and feelings as something separated from the rest . . .

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.

Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

'Albert Einstein

FREE AT LAST: Your Past May Be Dismal, But Your Future is Bright!

The book for the Prison Project is done, and in the final editing process. It should be off to the publisher by June 12th! YEA!!! Thank you, Lord, and thank you, Priscilla!

Don't forget, your \$25 or more donation gets you a free book as soon as it's published!