2013 June Newsletter

Nancy Rockey
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 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.
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!