

12-2013

2013 December Newsletter

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It's True
Life & Relationships
Are Fixable

Alternatives

Have you started yet? Some start early, some wait until the last minute, some totally avoid the tradition of the season. I tend to begin early, but then, that's dependent on what I learned as a child. In my childhood home, Christmas was a grand celebration, both at church and at home. My church family always gave the children a gift and you can be sure that I've never forgotten that! I've attempted to instate that tradition in the churches that Ron has pastored, and in the church we currently attend.



Christmas, while a celebration of the birth of the world's Savior, is also a time when we can bless others with a small token of our love and/or esteem. Isn't that just what God the Father did in His sacrifice of His Son to come as a baby to this earth, to live and to die that all of us can have the choice to be saved? Talk about a gift of LOVE!



At the time when the world celebrates Christ's birth, we would ask you to reconsider your gifts to family and friends. Is it out of love and caring or is it from obligation? Certainly, God the Father was not

obliged to give you the Gift of His Son, but He did so out of inconceivable love and concern for our ultimate salvation. So let's think for a few minutes about what we give at Christmas, or perhaps, why we don't.

We would challenge you to give gifts of a different sort this year. To be sure, everyone loves to gather around the tree in their PJ's on Christmas morning, a cup of Hot Chocolate in hand and watching the expectant faces of your children anxious to open a brightly wrapped package. But think about it for a moment. Isn't there as much enjoyment from having family present, perhaps some you haven't seen for quite a while, as there is in the presents around the tree? This year we are abundantly blessed! Our daughter and her husband from Florida will have just moved into the house we can see on the hill across the valley, and we will all (both daughters, their husbands and children) be together. That's quite a gift!

There are comparatively few who can give expensive presents this year. But there is a list of gifts that we can give – even without the fancy packages. These are gifts from God, who passes them on to us. We can



receive them or determine not to take them – it's up to us. They are found in Galatians 5:22. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. How well we remember a Christmas spent at our daughter's home. We were all sitting around the tree on Christmas morning with our hot drink and a yummy pastry. We had opened some of the packages, when the phone rang. The call was for our son-in-law and from his father. Everyone around the tree could hear his father yelling expletives and condemning the gift that had been sent – a \$100.00 Gift Certificate to his favorite Italian Restaurant. Can you imagine how the atmosphere changed around that Christmas tree? Everyone was feeling sad for our son-in-law, and our son-in-law was dealing with the abusive rejection he experienced from his father.



Love – my God-given power of choice to do that which is in

the best interest of another, regardless of my feelings.

Joy – happiness, enjoyment, pleasure. gladness, delight.

Peace – harmony characterized by a lack of violence, conflict and fear.

Patience – endurance under difficult circumstances.

Kindness – behavior marked by ethical and virtuous characteristics, pleasant disposition and concern for others.

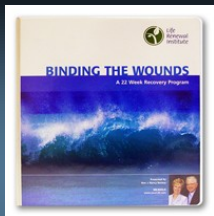
Goodness - moral excellence, virtue, generosity

Faithfulness – strict or thorough in the performance of duty, true to one's word, promises or vows.

Gentleness – Considerate or kindly in disposition, amiable and tender.

Self-Control – the ability to control one's emotions, behaviors and desires.

These gifts don't cost you any money. They do however, cost you the willingness to take an in-depth look at yourself, asking if you can offer these priceless gifts to your loved ones this season. If you have been through a recovery process, recovery from the wounds you have received as a child, then you will be better able to open your heart to receive from God and to give generously to your friends and family. And while you are giving, consider a gift to those who don't have much this year. In so doing, you will offer the blessing of God's love and mercy to the hurting.



We have a set of Binding the Wounds Video Tapes (VCR's) we will give with a BTW binder to whomever wants them. You just have to pay for shipping.

E-mail us with your address and Phone number, so we can call you regarding the shipping charges. Enjoy!!!

News From San Diego

On November 14th, Ron and Nancy headed from New Mexico to San Diego, California. Another couple, Dr. Guillermo Gow-Lee and his wife headed from Portland, Oregon, also to San Diego. They met in California, with the plan to meet with Dr. Vincent Feletti the next day.

Dr. Gow-Lee is a Kaiser Permanente physician in Portland, and having attended a seminar in Portland taught by the Rockeys, he decided to contact Dr. Feletti to see if he might be interested in the materials created by Rockeys to help victims to overcome childhood wounds. The ACE (Adverse Childhood Experiences) Study, initiated by Dr. Feletti has included thousands of patients who frequented their doctors and/or were very obese and wanted to understand the origin of their obesity.

Dr. Feletti and another physician created a lengthy questionnaire for patients, that allows their doctors to take a serious look at their childhood to detect a possible correlation between mid-life obesity and/or illnesses and childhood abuse. It has been irrefutably determined that early life abuse received correlates to physical ailments, such as high blood pressure, coronary heart disease, diabetes, cancer, multiple sclerosis, Parkinson's disease, obesity and other maladies.

The meeting was amazing. A 30 minute meeting turned into 5 ½ hours! Dr Feletti was extremely gracious and very interested in the materials that Rockeys presented to him. The discussion was lively indeed, with Dr. Feletti sharing video testimonies of some of his patients that were absolutely amazing! As a result of this wonderful contact, a great collaboration was formed. Dr. Gow-Lee will be taking a Sabbatical, during which he plans to use the ACE Questionnaire with patients, and after discovering early wounds correlating with mid-life disease, he will offer *The Journey* recovery program to them and/or Rockey's other



reading and workbooks, such as *Shadows of Acceptance* and *Free At Last*. His will be a pilot program to determine the effectiveness of emotional recovery on the progression of a person's disease. Another Loma Linda physician, whose specialty is Preventive Medicine, plans similar work.

An excellent article, written by Dr. Feletti, is found in Rocky's book *Free At Last*. The ACE Questionnaire is available to interested persons, by sending an e-mail to: rockeys@itsfixable.com

The results of the ACE Study has shown a 35% reduction in doctor office visits and Emergency Room visits, just by a patient's willingness to fill out the questionnaire and share it with their physician. For many, this is the first opportunity they have had to tell or acknowledge their personal history. This would make clear the reason for the recovery process – being not only for emotional and relational health, but also for physical understanding and health.

Your prayers for this additional study and collaboration are requested. Dr. Feletti is currently in the process of reading our four books given to him and reviewing *The Journey*. He was thrilled to receive the materials and to see his study quoted in *Free At Last*.



We would love to recommend an [article written in the New Yorker about the ACE Study](#).

Interested parties (especially counselors, social workers, physicians and nurses should read this in it's entirety.

Recovery Groups in Progress

El Paso, Texas – Anglican Church

Nanaimo, Vancouver

- **Where:** Prison

Denver Area, Colorado

Longmont, Colorado (30 miles N of Denver)

- **Leaders:** Matt & Amy Miller
- **Class:** The Mode, The Route, The Destination
- **Contact:** mattman@integrity.com
amymiller@integrity.com

Ruidoso, New Mexico Beginning Nov

Cheyenne, Wyoming

Portland, Oregon

- **Leaders:** Audrey Woods, Paul Luchsinger
- **Class:** The Mode
- **Date:** Beginning Mid-January
- **Contact:** Audrey@yourlri.com
- **Where:** Healing Hope Seventh-day Adventist Fellowship

El Paso, TX

- **Class:** Binding the Wounds
- **Where:** St. Clements Church

Fairbanks, Alaska

- **Leaders:** Adrienne Lee
- **Class:** The Journey

FACILITATORS!!!

PLEASE . . . If you have a group of *Binding the Wounds*, *The Journey*, *Journey to Nai*, *Heart Connection* or *Created for Success* in progress, please e-mail us with your name, place of classes, and when you started. If we have the information, we can post it on the website and in our newsletters.