

# THE PEACEMAKER CENTER

SPRING 2009

## THE PEACEMAKER CENTER

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&

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(Hours by appointment)

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## OUR BOARD OF DIRECTORS

Victor Bayo Jegede, President

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## OUR MISSION

The mission of The Peacemaker Center is to help people find peace with God, themselves and with others through biblically-based counseling and conflict resolution.

The Peacemaker Center is open to anyone for help with:

- Individual, Group, Family Counseling
- Marital Counseling
- Grief and loss issues
- Depression
- Anger management
- Eating disorders
- Addictions
- Surviving sexual abuse
- Life Coaching
- Financial counseling
- Preparing for marriage
- Conciliation
- Other mental health issues

## ANNE BEILER TO SPEAK AT 3/27 FUNDRAISER!

**F**ear, anxiety, depression, and unhappiness are common among our society today. Many people who suffer with these negative moods may come to believe their personal happiness is dependent on situations and events outside of one's control and are usually focused on past events or future worries. *If "they" had not hurt me, then I could be happy. "If I had not made the mistakes in the past, I could be content today." "I'm so worried about my future, I have no peace in my life." "If only..."*



*Rick Creasy B.A., M.A.*

Eckhart Tolle in his book entitled *A New Earth Awakening to Your Life's Purpose*, says that the joy of being, which is the only true happiness, cannot come to you through any form, possession, achievement, person, or event—through anything that happens. He encourages his readers to accept the present moment and find the perfection that is deeper than any form or event untouched by time. This reminds me of the words to an old southern gospel song about personal happiness and contentment that comes from knowing Christ: "The world didn't give it to me and the world can't take it away."

Each individual must take personal responsibility for his or her inner thoughts, often referred to as one's "self talk." We often spend our waking hours thinking about either the past or the future and very little time enjoying the present moment. Living in the past robs us of joy as we constantly regret past events which we can never go back and do over or "fix."

These thoughts can be all-consuming and usually begin with "I should have done..." or "If only they had not done this to me, then ..." "I could have or I should have..." The opposite extreme exists when our minds are worried about those things that could happen in the future. We worry about not having enough money, we fear being without or being alone. We fear future loss, failure, and the unknown, none of which exists in the present, but haunts us with what may lie in the future even though there may be little or no existing evidence of specific events or circumstances which lie ahead. Every thought, every moment spent regretting the past or fearing the future will only generate feelings of sadness, depression, anxiety, unhappiness and cause us to miss the pleasures that God has provided for us in the present moment. All feelings of regret, fretting about the future will never change what has happened or what will occur in the future.

**This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence.**

**- 1 John 3**

The good news is that we can intentionally choose where to spend our thought energy. Only I can control what I think about—no one can do that for me. By becoming aware of my thought life and self-talk, I can choose to think and "be" in the present. Being in the present means becoming aware of seemingly insignificant and meaningless aspects of God's creation unfolding before me and within me. It's paying attention to the falling leaf, the azure sky streaked with the orange color of sunset, the smell of turkey roasting in the oven, the air filling our lungs as we inhale. Joy can be found in the "present" or the "now" moment of time with whatever is taking place.

*[Continued on Page 2]*

## ROMANS 12:18

*"If it is possible, as far as it depends on you, live at peace with everyone."*

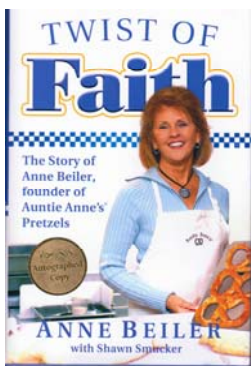
**CHECK OUT OUR WEBSITE: [THEPEACEMAKERCENTER.ORG](http://THEPEACEMAKERCENTER.ORG)**

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Joy will never be found lingering in past regrets or fretting about what might or might not occur in the future. "God is our refuge and strength, an ever-present help in trouble." (Psalm 46:1-3)

Having doubts? Try this little experiment. The next time you are feeling anxious, sad or depressed, let the mood become your cue to stop and discover where your thoughts were taking you. Were you in the past or in the future? Then, intentionally bring your thoughts into the present by paying attention to where you are in the moment. Become aware of Christ in you, the hope of glory. "To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the **hope of glory.**" (Colossians 1:26-28) Refresh in His presence and love for you, right where you are, and appreciate who you are in each present moment before it swiftly enters your past.

-Rick Creasy, B.A., M.A.



We will be hosting our 2<sup>nd</sup> Annual Fundraiser Banquet at Waterloo Gardens on **Friday, March 27, 2009.**

Please plan to join us for an evening with Anne Beiler to help raise funds to give hope to those who are hurting.

*Thank you to our many donors in 2008:*

- R. BOHER
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### **Partnership Churches:**

*Contact us today to see how your church can begin a partnership with us.*

- BETHANY COLLEGIATE PRESBYTERIAN CHURCH
- BRANDYWINE BIBLE CHURCH
- CALVARY CHAPEL
- CALVARY FELLOWSHIP CHURCH
- CHRISTIAN FAITH FELLOWSHIP
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- CORNERSTONE CHRISTIAN FELLOWSHIP CHURCH
- FAIRVIEW PRESBYTERIAN CHURCH
- MARSH CREEK CHURCH
- NORTH POINT COMMUNITY CHURCH
- PROVIDENCE CHURCH
- VALLEY VIEW CHAPEL

### **PARENTS CORNER**

**One-Minute Love Connections:** This is a time to pause, be in the moment, and connect with your child from the heart. These brief moments can build confidence, offer acknowledgement, and reassure your child that you are connected even during a busy day. Here are a few ideas to try:

**The Extra Long Look:** Look directly into your child's eyes for a full minute with a smile or a look of appreciation on your face. Every child had a need to feel seen and appreciated each day.

**The Big Snuggle:** Extend a quick hug to a full minute. The extra time will give your child the kinesthetic reassurance that "I am loveable!"

**Creative Gestures:** 85% of all children are visual learners so don't underestimate the power of gestures. Sign "I love you" or make up your own simple gesture, pull on your earlobe, wink and smile, thumbs up, or a special wave can all be a silent way of saying "you're special".

**Friendly Messages:** When you cannot be there for an in-person connection, a friendly note in a lunch box or a phone message after school or in the evening can be a great substitute.

Creating a few one-minute love connections with your child will only take a few minutes, but the seeds planted will reap a rich harvest in your relationship.

### **OUR NEEDS:**

We are still in need of the following items:

- Bibles to be given away
- Books to be used as resources
- Children's books, DVDs, and small toy figurines to complement our play therapy room.



We will be teaching a series on **Contentment** at Calvary Fellowship Church from April 5th until June 28th in room 118 at 10:45am every Sunday. Anyone is welcome to join us. Please contact us if you would like us to teach a series at your church.