



# Perhaps-Today NEWS

Perhaps Today Ministries

AUGUST  
EDITION

## Family – What Does It Mean To You?

By Cindy Eslinger

Did you know that August 2nd is Sisters Day? And August 11th is Son and Daughter Day. “Middle Child’s Day” is celebrated August 12th. These holidays have something in common – Family. By today’s standards, that word can mean many things to many people. Merriam-Webster defines family as: a group of people who are related to each other; a person’s children; or, a group of related people including people who lived in the past. It’s evident that family is important to many of us; but, does today’s culture teach us the true meaning of the word?

Fortunately, the concept of a family was created by God – an institution purposed by Him and planned for our benefit. God gave man the responsibility of stewardship over our families and He defined the basic, Biblical “family unit” as one man, one woman (his spouse), and their offspring or adopted children. The extended family may also include relatives by blood or marriage such as grandparents, nieces and nephews, cousins, aunts, and uncles. One of the foundational principles of the family unit is that it involves a commitment ordained by God for the lifetime of the members, and it’s designed to extend even beyond that lifetime!

Throughout the Bible, wise advice can be found for sustaining the family unit. Ephesians 5:22-26 provides instructions on how to be good husbands and wives.

*“Wives, submit to your husbands as to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body,*



*of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love our wives, just as Christ loved the church and gave himself up for her...”*

The book of Ephesians also gives instruction for fathers. *“Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”* Ephesians 6:4

Children aren’t ever left out of God’s plan. His desire for their Godly upbringing is evident in Ephesians 6:1-3, *“Children, obey your parents in the Lord, for this is right”* and *“Honor your father and mother...”* – which is the first commandment with a promise attached to it – *“that it may go well with you and that you may enjoy long life on the earth.”*

Both Ephesians and Proverbs give Godly instruction for our families. Through study and prayer, God’s plan for your family may become clearer and you may become closer in your desire for His will. Perhaps PTM can help guide your family to health and happiness through our Lord and Savior, Jesus Christ.

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# Eliminate Automatic Negative Thoughts

Try talking back!

By Sherry Myers

This month we are looking at Step #7 in the series on step-by-step thinking principles used by Daniel G. Amen, MD in his article on ANT THERAPY (eradicating Automatic Negative Thoughts (ANTS)).

**Step# 7:** You can train your thoughts to be positive or you can just allow them to be negative, which will ultimately upset you. It's up to you! Take the time to learn about your thoughts and choose to think about good positive things.

One way to learn how to change the way you think is to notice the thoughts coursing through your brain and talk back to them. If you can correct the negative thoughts, you take away their power over you. Did you know when you think a negative thought without challenging it, your mind believes it and your body reacts to it?

You have more power than you may realize in shaping and controlling your thoughts. The key is to take the time and evaluate them. When a thought comes to you and you feel low, take a moment and think about that thought. Does it have the potential to be destructive to yourself or others? Is that thought one that promotes and uplifts or does it create a stressful feeling in your body?

The mind can tend to wander off on bunny trails. You can start with one thought leading to another and another until you are far off from the original thought. This often pays a destructive dividend. If your thoughts start taking you down fallacious paths, it is important to realize this and use a new tool to take control. One way to retrain the mind to operate differently is to turn the thoughts into pleasant ones. The trick is to have a happy default thought. Remember a time of great joy, a joke or any other memory that always makes you smile. Keep that thought in your pocket and pull it out every time you get a negative thought. That way you can override the old negative thought with the new one. Mediate on



that thought until the negative feelings depart and you can come back to the problem with a new perspective.

It may take a programming of the mind and effort to begin to change your thought processes but remember that you are in control and not your mind. You are worth the time you devote to making this change. Remember the old song sung by Bing Crosby: "You've got to accentuate the positive, eliminate the negative. Latch on to the affirmative, but don't mess with Mister in-between." Strive to be positive in all you do; your mind is reacting!

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Who do you call family? see our article on page 1

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# Carnival Prayers



By Sherry Myers

On a steamy summer night, not long ago, my sister invited me to go to along with her and her son to a local carnival. I had a little free time on my hands, so I went.

When we got there it was still humid out. My nephew wanted to head for the rides right away and I made a quick exit to the nearest open bench. As I sat, I saw an elderly couple that had brought two gentlemen along with them. They were childlike. It was obvious they depended on the elderly couple to take care of them. I thought about the responsibility it must be for the couple.

As I watched them, it was clear that they were having the time of their lives. The woman would lead one around and the man the other. I began to pray for a release of healing for the gentlemen and strength for their caretakers.

I figured that this was why I ended up on this bench at the carnival on this humid evening, to pray for the less fortunate at the carnival. As the night went along, I noticed some people that were dressed well and it was obvious that they were doing well. The right look, the right hair, smile, jewelry, all the tell-tale signs. There were pretty girls in tight clothes being followed around by boys and their intentions. All of them laughing and seeming to be enjoying the night.

The Lord began to impress upon me that they may have problems that I can't see in their lives. They may have heartaches or lost loved ones. And what about the young pretty girls? They could be used for their beauty and the young boys could need strength to hold onto their values. They may need prayer to stay strong in this world today.

The Lord opened my eyes to my conditioned thinking. He reminded me of those two young gentlemen from earlier in the evening. He put a feeling in my heart that one day they would leap and run in the Kingdom of Heaven. They were having a wonderful time, ignorant to the pressures and concerns that most of us face.

I learned a lot on that hot summer night about seeking to see things as God sees them and asking Him to open my eyes to see the prayer needs of others.

# One Size Does Not Fit All

By Tom Dardick

Can you think of an article of clothing where one size truly fits all? I can't. Well, okay – maybe a MuuMuu. How about other products or services? Is there anything that is perfectly suited for everybody? Lefties, you know what I'm talking about; by the way, Happy Lefthanders Day (August 13th).

Upon further reflection, we should probably clarify what we mean by "fits" and "all." I mean, does "all" really mean every single person, without exception, from the tiniest newborn to Andre the Giant? Must it equally apply to a person in a large family as well as to someone living alone? And does "fits" mean that it perfectly suits, or does it merely do the intended job? When advertisers say that one size fits all, they really mean that their product generally covers most people most of the time.



Let's face facts. If you are going to an important function, are you looking for "one size fits all" clothing? Of course not. The more important the occasion, the more customization you want. Just look at how much money is to be had in the wedding dress industry.

And in other consumer goods, do you gravitate toward items that claim one size fits all? Not likely. The march of progress has been toward more individual options, not fewer.



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## One Size Does Not Fit All (Cont.)

So let me ask you – when it comes to policy, whether in private institutions or legislative measures, why do we go for one size fits all solutions? Collective bargainers seek to standardize labor terms. Politicians push ever-higher minimum wage policy which would equalize wide varieties of jobs. The ACA (Obamacare) standardizes health insurance. The TSA requires everyone to take their shoes off at the airport. Marriage is now the same no matter who is involved in the wedding.

Usually, proponents of these kinds of policies seek equality and fairness. One set of rules for everybody. This seems like justice.

So it's right and good that everyone has the same health care, right? Proponents of the ACA certainly argue this point. Some even go further – that there should be a single-payer, fully socialized medical system. This seems most fair because then everybody will be taken care of equally. Fair.

If this is fairness, why stop there? Some say the reason is because medical care is absolutely necessary and expensive. We won't go into why it is expensive, as it wasn't always so, but let's

concede the necessary part. Other things are necessary: food, shelter, clothing, cable... Well, maybe not clothing, depending upon where you live. But, not everybody is able to afford the same quality/quantity of these necessities, so why wouldn't we want to socialize these goods? (Oh, that's right. We largely have: Food stamps, government assistance programs, etc.)

The problem is this this: One size never fits all. It doesn't match reality. As in the case of Obamacare, those in power always exempt themselves. CEOs in large companies don't get fired the way you do – they get paid to leave. To the extent that one size is made to fit all, quality and function suffer. Those with means get theirs. Everybody else gets the shaft.

One size fits all policy appeals to leaders. It's easy to pitch. The fact that it doesn't work in reality doesn't really matter much to them.

Credit: Tom helps organizations with their People Strategy. To see more from Tom, subscribe to his blog:  
<https://tomdardick.wordpress.com/> or visit his website: [www.dardickcommunications.com](http://www.dardickcommunications.com)

## Facts-n-Findings : Who are the Jews?



By Cheryl Ciambotti

With all the talk about the U.S. and a nuclear deal with Iran, and then the talk about Iran wanting to annihilate the Jews, I thought I'd ask myself...Who are the Jews?

According to Dr. Eran Elhiak, an atheist doctor, the majority of Jews today are not really Jews at all. He asserts that only the Sephardic Jews are "real Jews" and the Ashkenazi Jews are not. (These are the two major groups.)

Here are a few reasons why that is a false statement and not researched very well.

The Sephardic Jews originated in the Middle East and then ended up in Spain and Portugal and then seemed to migrate south to North Africa after being forced out of Spain in 1492.

The Ashkenazi Jews are the lighter skinned Jews that either live in, or descended from, Eastern Europe, (Germany, Ukraine, Poland, etc), or from western Russia. They have a "more homogeneous genetic background compared to the general population" according to the majority of the DNA studies.

It was also concluded by one study that the Ashkenzie Jews did not originate in the Middle East but in the Caucasus and Eastern Europe and thus are not Jews at all. It is believed this idea is perpetuated to attempt to disprove the Ashkenzie ancestral rights to their inherited land. The legend says that they decided to choose Judaism to avoid accepting Islam or Christianity in the 700's but many do not believe this.



## Facts-n-Findings (Cont.)

If you research this curiously there is not one notable study done on the Jews that were captured and taken into captivity by the Assyrians in 740-722 BC. Only ones that identify the capture of the Jews by the Babylonians in 597, 587 and 582 BC. Ancient records say that the Assyrians took 200,150 captives, which the empire extended as far as the Black Sea, and they could have easily migrated west/ north and to the area we call Russia today.

It is hard for me to see how people could say that the Ashkenzie Jews are not Jews after all with all the purported evidence to the contrary and the fact that no one takes into account the Assyrian capture. One thing we do know, God's Word is true and there are several verses saying they are coming Home from the North!

Jeremiah 16:15 - "... As surely as the LORD lives, who brought the Israelites up out of the land of the north and out of all the countries where he had banished them. For I will restore them to the land I gave their ancestors."

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## Balmy Breezes and Sultry Sways

By Laura L.W. Horan

What do you think of when you think of palm trees? Beautiful scenery? A day at the beach? Palm trees are more than just cement-like columns stretching skyward. They are more than a landscape ornament.



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Who are the Jews?  
See  
facts-n-findings...

- **Palm trees go back as far as the Ancient of days.** They are mentioned though out the Bible, and are used for decoration. "... and set on it palm trees and chain designs." 2 Chronicles 3:5 and Ezekiel 40:16 "...upon each post were palm trees."
- **Palms symbolize victory, peace, rest, and paradise.** The early Christians used palm branches to usher in the triumphant trip of Jesus to Jerusalem. "Took branches of palm trees and went out and cried, Hosanna! Blessed is he who comes in the name of the Lord! Blessed is the King of Israel." John 12:13
- **Strengths of a palm tree.** "The righteous will flourish like the palm tree..." Psalms 92:12. A few characteristics are:
  1. **Grows straight upward towards the heavens.** It focuses on its goal.
  2. **Doesn't break during a storm.** They bend so the storm passes over them.
  3. **Breaks the bands that try to stunt its growth.** If a metal band is placed around the tree, the inner strength breaks the "hold" and is set free.
  4. **Softest at the heart.** The heart of a palm tree is soft and pliable.

- **Palm trees are not trees.** They are part of the family of flowering plants.
- **How can you tell how old a palm tree is?** They do not grow rings. Their life span is 50 years to 150 years.
- **The fruits of the palm tree.** The commonly known fruits are: bananas, dates, and coconuts.
- **Products from Palm trees.** Chopsticks, woven hats, palm oil, and syrup.

The next time you look at a palm tree; remember what they have to offer: decorating possibilities, symbolism, strengths, fruits, products they provide, and their ability to withstand the test of time, all the way from the Garden of Eden until now.



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## Salsa Chicken Casserole



**Prep time:** 5 mins  
**Cook time:** 1 hour  
**Total time:** 1 hour 5 mins

### Instructions:

1. Preheat the oven to 375 degrees. Drain and briefly rinse the black beans. Add the dry rice, black beans, corn, salsa, chicken broth, chili powder, and oregano to an 8x8 inch casserole dish. Stir until everything is evenly combined.
2. Cut the chicken breasts into three pieces each. Push the chicken pieces down into the rice salsa mixture in the casserole dish as far into the liquid as possible. Cover the casserole dish tightly with foil. Bake for one hour.
3. Remove the casserole from the oven and test the rice with a fork to make sure it's tender. If not, recover the dish and return it to the oven for up to 15 minutes more. When the rice is tender, sprinkle the cheese over the top and return to the oven until the cheese is melted. Add the slice green onions on the top after baking and serve hot.

### Ingredients:

1 cup uncooked rice  
1 cup frozen corn (thawed)  
1 15-ounce can black beans  
1 16-ounce jar salsa  
1 cup chicken broth  
½ tsp chili powder  
½ tsp oregano  
2 large boneless chicken breasts (approximately 1.5 lbs)  
1 cup shredded cheddar cheese  
2 whole green onions sliced

## Left-Handers are all Right

By: Sherry Myers

Left handers get a chance to celebrate this year on August 13th, which is 2015's National Left Hander's Day.

Lefties are said to make up roughly 10% of the population. A popular nickname for them is Southpaw. Genes and environment seem to be the contributing factors for lefties.

Historically, left handed people have been discriminated against with negative connotations of being wicked or unlucky. In parts of Africa, Europe and the Far East, it's offensive to use your left hand because it is considered unclean.

For the most part, left handers are left out in left field when it comes to tools, desks, scissors, etc., with most of them being designed with right handers in mind with little consideration for the left hander.

A lot of people have attempted to force their children to use their right hands to eat and write, even to the point of tying their left hand

down to force them to use their right hand.

However, when the Bible refers to left handed people, it speaks of left-handedness as an advantage, not a weakness. One of Israel's judges, Ehud was a mighty warrior and left handed. Judges 20:16 mentions 700 left handed warriors who could sling a stone at a hair and not miss.

Some famous left handers are Bill Clinton, Barack Obama, Tiny Tim, Lou Rawls, Jerry Seinfeld, Oprah Winfrey and Bruce Willis. Some advantages to being left handed are a high IQ, they adjust easily to seeing underwater, they multi-task better, have better memories and tend to be artistic.

In this day and age, being left handed is not quite as bad as it used to be considered, but it is still not without its challenges, so be sure to extend a Southpaw to your leftie friends this August 13th.

For more information visit: <http://www.holidayinsights.com/other/lefthand.htm>



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## Reduce Your Risk of Being Scammed



By Kirk Brechbiel

There was a recent story in the news about a couple in their 80s who had been scammed out of their life savings. Over a period of time, the couple had been bilked out of more than \$100,000 through what is often called the Granny Scam.

Scammers using the Granny Scam often target seniors with calls that wake them up in the middle of the night posing as a grandson or granddaughter in trouble. A common ploy is for the scammer to say they are in trouble because they were stopped and arrested for drunk driving. They need to have money wired to them.

This is just one example of the multitude of scams targeted at seniors.

**Here are some tips about what you can do to protect yourself or a loved one:**

- If someone is calling you asking for money, whether a stranger or someone

you supposedly know, do not agree to the request while you are on the phone. Hang up the phone if it is suspicious.

- Do not give out Social Security, Medicare, credit card or banking information to someone who calls you on the phone or contacts you online.
- Do not carry around large amounts of cash.
- Do not flash money when you are out.
- Use a bank to withdraw money rather than an ATM.
- Use a fanny pack to carry around cash and credit cards, which can be much harder to steal than a purse or wallet.
- Do not provide credit card numbers on the internet unless you are making a purchase from a site you know to be legitimate and has secure encryption.
- Avoid going out alone, or shopping at night, especially when you are alone.

These tips should help assure that you keep your cash and your security for you and ONLY you! Don't let your loved ones nor yourself fall victim to the nefarious elderly scams.

\*For more tips for seniors, go to Ella Home Care at [www.ellahc.com](http://www.ellahc.com).

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### **Requirements:**

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