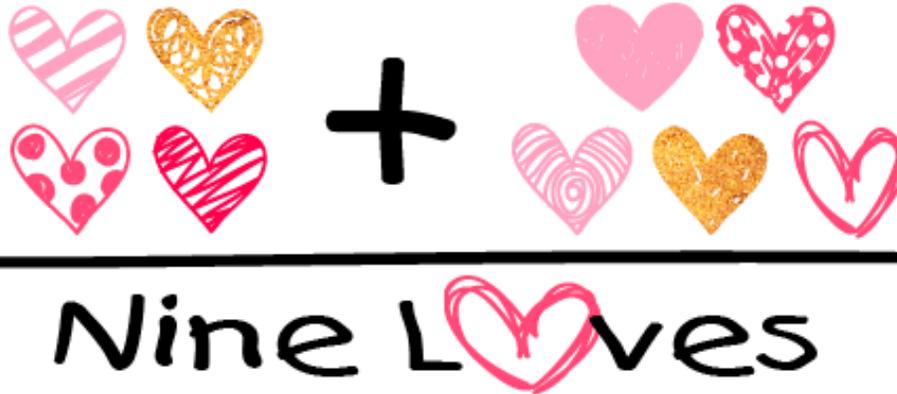




Perhaps-Today NEWS

Perhaps Today Ministries

February 2016
Edition



By Laura L.W. Horan

“How do I love thee, let me count the ways...”

Elizabeth Barret Browning declared this so beautifully in her 43rd sonnet. God designed us to love and be loved. Exactly how many ways does God love us? The nine loves below are only a small taste of the many exuberant ways God displays his love for us, and in us.

First, let's explore the definitions of the four words from the Greek language that mean love:

The Four Loves:

AGAPE – Divine love, God love. Unconditional, selfless, and sacrificial. This love many times is not fun, it's messy, you don't want to do it. Jesus didn't want to die. He asked his Father to "...remove this cup from me" Luke 22:42. Jesus sacrificed himself for us. Agape love is the most noble and powerful of the loves.

PHILEO – Affection. Close relationships, or love between friends. David and Jonathon are a perfect example of Phileo.

STORGE (Stergein) – Love of family. Parent/child, siblings, cousins, close friends, and even pets.

EROS – Romantic love. Being in love. Erotic love. An example of this love is The Song of Solomon. Without Eros, there would be no Storge.

If you'd like to explore these further, C. S. Lewis goes into more depth regarding these loves in his book *The Four Loves*.

Now let's explore the five love languages:

The Five Love languages:

Words of Affirmation – Encouragement, to focus on something your spouse or a loved one wants to do, "Go for it!" or "I know you can do it." The manner or attitude in which we say something. Words that build up, to esteem others.

Quality Time – Undivided attention. Turn off the TV, radio or any electronic device. To stop doing chores, put everything on hold and give the person your time and full attention.

Receiving Gifts – This love language does not mean 'materialism,' rather it speaks to the receiver of the gift communicating that they are cared for and thought about. If a birthday or anniversary gift is missed, it would be hurtful, almost disastrous.

Acts of Service – An expression of this love is vacuuming the floors, dusting, laundry, getting groceries...anything that serves the one you love in a way that benefits them. This act means helping with responsibilities. Laziness, however, or making more work, shows lack of love and disrespect.

Physical Touch – This love language is holding hands, an arm around a shoulder, a pat on the back, a hug. It's important not to confuse sex with loving physical touch.

What is your primary love language? What is the primary love language of the people you love? Each person experiences feeling loved differently. Knowing this about one another can help to eliminate misunderstandings and keep resentments

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Nine Loves (Cont.)

from building.

Want to learn more? Dr. Gary Chapman explains more about these love languages in his book *The Five Love Languages*.

Love is an important emotion and action. Love is a decision. We all experience it, so it would benefit us

to learn as much about it as possible. Perhaps Today Ministries encourages you to invest in these two books so you can find the secrets to a love that lasts.

God's love is so immense and vast, it's countless. And since He loved us first, we can share His love with others.



By: Sherry Myers

After the holiday season ends, some people experience Post-Holiday Depression. This usually surfaces from unmet expectations over the holidays or the sudden return to normalcy after time spent with family and others.

The stress and pressures of the holiday can affect people physically because of the energy depleted, directly associated with preparing for and going through the holidays. Some symptoms of Post-Holiday Depression are headaches, under or oversleeping, weight differences, agitation and isolation. According to one Danish study, there is a 40% uptick in suicide rates right after the holidays.

One way to battle the blues is to put some fun events on the upcoming calendar to look forward to. Plan a party with friends, a day trip or even a trip away for some vacation time. This will give you something to look forward to after the holiday festivities have died down. Make the New Year a time to think about taking care of your health and mental well-being but don't put unrealistic expectations on yourself.

Post-Holiday Depression is usually short lived. If you are still feeling depressed after a few weeks, you may be dealing with something more serious and should consider reaching out to a professional for help. Perhaps Today Ministries is a valuable resource in times of need. If you need assistance shaking off this dark cloud as you move into the New Year, contact Cheryl at www.Perhaps-Today.com.



Volunteer opportunity!

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Someone who has a passion for ministry and wants to use their talents and gifts to open doors so Perhaps Today Ministries can help more people. If you know someone, or you yourself have an interest, please contact Cheryl at Counselor@perhaps-today.com.



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Fruit of **JOY** the Spirit

evidence that God is at work in your life

*“But the fruit of the Spirit is
love, joy, peace, forbearance,
kindness, goodness, faithfulness,
gentleness and self-control.
Against such things there is no law.”*

By: Sherry Myers

Last month we began our study on the fruits of the spirit from Galatians 5:22-23. We explored the word and meaning of “love” in depth and this month we will explore the fruit of “joy.”

Some people confuse the word joy with happiness, but joy comes from our relationship with the Lord and happiness is based on things outside of that. The word Joy in this verse comes from the Greek word Chara meaning, gladness. It’s easy to feel gladness when everything is going well in our lives, but the scripture talks about joy amidst strife. We all have navigated various difficulties in life. No one can honestly say they’ve had no problems in school, no discouragement throughout their upbringing, that they’ve always felt loved by everyone, or that they’ve never experienced discipline because they’ve managed to elude trouble, debt, physical ailment or heartache.

So, how can we have joy in the midst of pain and grief? Hebrews 12:2 reminds us to, “. . . fix our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before him, he endured the cross,

scorning its shame, and sat down at the right hand of the throne of God.” Jesus is our example. He endured the cross and did not lose his joy. Why? Because he kept his eyes on his Father. He did not look at his circumstances, but ahead to his future, sitting at the right hand side of God.

To the right of the cross was the right hand seat at the throne. To the right of our suffering is joy. To the right side of tears is also joy. Remember Psalm 126:5, “They that sow in tears shall reap in joy.” Sorrow may be a circumstance, but it does not have to take away or overshadow our joy. We must make the conscious decision to look to the heavens – not to focus wholly on the problem where there is no hope. Our help comes from above.

We are guaranteed there will be heartache in this world. It’s what we do with it, our reaction and attitude that will count in the end. Don’t let the enemy steal your joy. Take a step forward and let go of what’s hurting your heart. Your Daddy loves you, has been there from the start, and knows the end from the beginning. There is joy to be found in His promises!



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Romantic Salad for Valentine's Day Dinner

This salad is full of aphrodisiacs and "keeping it healthy" we chose this for our romantic recipe. Amour and Bon Appetite !!

Ingredients:

- 4 cups baby salad greens
- 1 carrot, peeled and sliced
- 2 green onions, chopped
- 6 strawberries, hulled and sliced
- 12 fresh raspberries
- 1 teaspoon minced garlic
- 1/4 cup chopped walnuts
- 1/4 cup seasoned almond slices
- 1/4 cup dried currants
- 1/4 cup crumbled feta cheese

Directions:

1. In a large bowl, toss together the salad greens, carrot, green onions, strawberries, raspberries, garlic, walnuts, almond slices, currants and feta cheese
2. Divide between two salad bowls.
3. Top each bowl with some croutons and serve with lite vinaigrette dressing.



By Tom Dardick

...the hallmark of our society is not great beauty, timeless truth, or even transcendent experience.

The digital revolution continues to radically transform society. Its effect is a great boon. Our choice and power in communication, media, multi-media production, photography, publication, and collaboration is unprecedented. Enterprises of all kinds are easier to create and market than ever before. The benefits that come from this explosion of creative expression far outweigh the drawbacks. But drawbacks there are. And we should pay attention to them.

Digital technology has delivered powerful tools of media creation to the masses. It's a miraculous blessing to artists of all types. Almost anyone with a mind to do so may build and run a personal music, video, or graphic arts production studio. Today's mi-

crochips have the processing capacity to accomplish the necessary tasks with impressive quality and near limitless creative options. A dizzying array of software and hardware is available and affordable. With so many people empowered to express themselves, it's easy to picture a renaissance-like explosion.

In some ways that's what's happening. But gems of brilliance are hidden in a sea of mediocre output. You can find great entertainment and great art; but generally only if you actively search for it. The companies that distribute media, specifically video and music programming, are poor curators. They are businesses, and as such, they respond to market forces. This means the arts that are actively marketed to us are subject to the limitations of the consumer's power of discernment.

There is reason to question our awareness. Our lives are fast-paced, not reflective. The fact that people



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Perils of POP (Cont.)

underappreciate the value of reflection is a detriment. Accordingly, the hallmark of our society is not great beauty, timeless truth, or even transcendent experience. No, today's consumers are enamored of the convenient. And that's precisely what we get – fast food rather than good food.

Fast and convenient requires little of us. We need not bother with the kind of learning that allows us to discern the great from the merely good-looking. A classic case is called The Loudness War.

The market offers incentives to music producers to degrade the quality of their product. They sacrifice permanence and significance for the immediate attention-grabbing “listen to me” aesthetic. Millions have never been exposed to the sublime quality of the concert hall.

Some know what they're missing but don't seem to care. They simply value convenience more. My kids are very much like this – odds are yours are

too. They will watch a show or a movie on a 5-inch screen with crappy earbuds when the kind of home theater I only dreamed about at their ages is available to them. My daughter told me that she recognizes the difference and actually gets more deeply involved in her shows on the big screen, but that consideration is usually outweighed by: 1) the pleasure of having her own little world with earphones and a screen that only she sees, 2) the ability to experience that anywhere – any seating position, etc., and 3) the ability to better multitask, specifically to pay attention to the stream of her friends' texts and Instagram posts.

I try to teach my kids to better appreciate the elevated experience of listening to music via LP's. They claim they are impressed, yet I never find them playing records. They're the antithesis of convenient and therefore, not valued. Maybe it will change as they mature. I don't predict that, however, and that makes me sad.



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USEFUL APPS FOR CAREGIVERS

By Kirk Brechbiel

A 2014 report indicated that the health and fitness mobile app market is worth \$4 billion, and is expected to increase to \$27 billion by 2017. It should come as no surprise then that apps for caregivers are a fast growing market.

Here are a few for you to personally consider:

Balance: For Alzheimer's Caregivers Designed specifically for Alzheimer's caregivers, Balance is a great app for gathering information about the disease, as well as caregiver advice. It offers medication management and has a place to store doctor's notes.

CareZone (free, IOS & Android) CareZone is a great care-based app. You can keep all your loved one's pertinent information on the secured app and invite family and friends to view and participate in care. It includes a shareable task-list and journal, plus medication tracking.

Caring Ties (free, web-only) Caring Ties provides reminders, for example, to test blood sugar plus

note taking on a loved one's well-being, list of medications, and ability to log medical information such as blood pressure.

Elder 411 (\$99, iphone) Unlike many of the apps mentioned above, Elder 411 is an informational and self-help app rather than an organizational tool. It's based on the writings of experienced geriatric care manager and eldercare scholar, Marion Somers, Ph.D. It includes over 500 pieces of advice and information for caregivers.

Lotsa Helping Hands (free, iphone & web) Built around a calendar, this app is designed to coordinate the efforts of multiple caregivers to assure your loved one's needs are addressed.

RX Personal Caregiver (\$9.99, iphone) RX Personal Caregiver may have the best medication related features of all the caregiver apps, but that is all it is designed to do. It includes detailed medication management support, including tracking doses, dosage, refills, and so on.

For more information on aging issues or to find in-home care for a loved one contact Ella Home Care at 717-963-7280 or visit www.ellahc.com.