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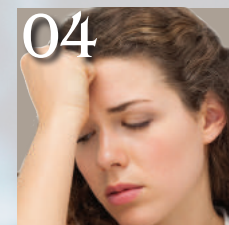
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Joyful Living

Autumn 2016

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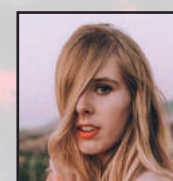
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Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance. We are platform for beauty, goodness and grace. We value inspired thinking and embrace changing seasons. We honor your legacy and where you are from. Our desire is to serve and respect our community.

Our intention is to bring valuable resources as our diverse natural surroundings. We devote this magazine to you and bless your journey today, tomorrow and always. Grateful is our foundation. Love is where we live. We are Joy. We are Full. We are Living.

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Is Your BODY TALKING To You?

If you are sick, tired and overweight, toxins could be holding you back from walking in good health.

We can choose a healthy lifestyle and yet still come into contact with toxins in the air we breathe, the food we eat, the water we drink, our cleaning supplies, makeup products, lotions and facial cleaners, the mattress we sleep on, the clothes we wear, the carpets in our homes and even in some of the supplements we take. These toxins can be harmful if they continue to build up in our system. An overload of toxins in your body has been linked to weight gain, cancer, Alzheimer's, autism, diabetes, fatigue, heart disease, allergies, candida and infertility. New York times best-selling author Dr. Mark Hyman says, "if you are struggling to lose weight despite eating well and exercising...toxins may be interfering with your body's metabolism." Let me say here that our bodies were designed to slough off toxins in a natural way. But, the problem comes when we overload our bodies with too many toxins and you can see that from the list at the beginning of this article that there are hundreds of toxics that could be continually bombarding our bodies. So, how do we rid ourselves of this "overload" of toxins? The answer is easy, by decreasing the toxins we put in our bodies while at the same time supporting their detoxification and elimination systems with the nutrients they need in order to function properly. In doing this, I believe we can optimize our health.



BY BENI JOHNSON

Listen to your body

We need to learn and listen to our bodies because if we listen we will know when something is off balance. A lot of times, people are so used to feeling sick that they don't realize their symptoms are actually a cry for help. Here are some signs that your body may need to detox:

1. Fatigue: feeling tired isn't abnormal especially if you aren't getting the right amount of sleep. However, if you struggle with extreme fatigue and feel that it takes every ounce of energy to just get out of bed you may need to detox. The reason this is happening is that your body is overloaded and is having to overwork to eliminate toxins in your system.

- 2. Weight fluctuation:** if you are eating a clean, healthy diet as well as exercising but you still can't seem to lose weight, then an overload of toxins could be the culprit. The main focus of a body saturated with toxins becomes the need to eliminate them, which means that weight loss will be last on its list of priorities.
- 3. Halitosis:** bad breath is often not a symptom of poor oral hygiene but rather of an imbalance in the digestive system. Trying to mask bad breath with gum can possibly make it worse because most gum is filled with more toxins.
- 4. Constipation:** this is a condition that we all want to avoid. It's uncomfortable and can cause stomach upset, headaches, muscle pains and fatigue. With an excess of toxins get caught in the intestines, it then can cause your digestive tract to get clogged up. My advice is to eliminate processed foods, make sure your eating plenty of living foods, increase your fiber and drink good clean water as well.
- 5. Muscle pain:** have you ever woken up sore but couldn't figure out why because you couldn't recall doing any strenuous activity? This could be because your body is beginning to store extra toxins in your muscles because it can't expel them.
- 6. Skin reactions:** Acne, rashes, puffy, eyes, eczema and psoriasis are all signs that you may have an excess of toxins in your body. Make sure you take inventory of your skin care and makeup products, many of which have chemicals and parabens that can get absorbed into your system through your skin.

What to do

You have three major organs in your body. These are important to make sure they are healthy and clean, your colon, your liver and your skin. The colon is referred by some to be called your second brain, it has also been said that 90 percent of disease starts in the colon. A sign of a healthy colon is to have two to three bowel movements a day. Eating healthy unprocessed foods and drinking good water is a good start to detox your colon.

The liver is to help you with digestion by producing bile. If we don't keep our liver healthy it can cause a trickle-down effect on the rest of our organs. Eating fresh foods such as dark green vegetables, and drinking water.

Lastly, the largest organ, your skin. Your skin is what holds everything together. Water is your skin's best friend because it helps to keep your skin hydrated and healthy. Sweating is also a key component to keeping you skin toxic free.

I cannot stress enough my belief in the importance of keeping your body clean and detoxed. Whether you use foods or good supplements to detox, try to make detoxification a part of your life. When you work at keeping your organs clean, your body will be an efficient, well-working machine, and it will help your journey to health immensely.

For more information you can find Beni Johnson's book 'Healthy and Free' on Amazon.com JL



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The Slow and Painful **Destruction of Women**

I was a shy, insecure, little girl who did not like to play with others. I was praised for being self-contained and self-entertained. Being an "easy child" made me easy to love. With this understanding, I mastered fear and isolation early on. Later on, I used these skills to become an independent, overachiever. Applaud now, please.

Photo by Brittany Debonis | 10 Bare Toes Photography



BY ALEXIS ASBE

Alexis Asbe: wife, mother, best-selling author, serial entrepreneur, self-care junkie, women's coach and business consultant. Find her @alexisasbe on Facebook; Instagram; Twitter. For information on self-care, coaching, upcoming events please call 415-375-0188 or visit AlexisAsbe.com

T lot can happen in a short period today, women are dying at the highest rate ever. They are killed by heart disease, cancer, and stress related illness. We suffer from an epidemic of needing the approval and acceptance of others. It is no wonder that one in five women are on antidepressants, the average American woman has only 1.5 women friends, and heart disease is the number one killer of women today. We isolate and neglect ourselves, justifying it for the honor of economic and familial stability. Basically, today's woman can bring home the bacon, fry it up in a pan, and never let you forget you are the man. Truth and lies. Yes, we can do it all, but unless we learn how to care for ourselves, we will continue to kill ourselves.

Is something violently wrong with our ability to balance work, family, and ourselves?

In our culture, the world has taught us that we are worthy when we are in service to others. We have been conditioned to overwork, over give, and over-achieve while neglecting ourselves, and our bod-

ies. The female body is a God-designed sacred altar. We have been cultivated to believe that it is honorable and necessary to use these altars for sacrifice. But is it?

Now, let's add in the guilt and shame of not being good enough, and the concept that each of us is an isolated incident. *I am the only one who feels this way. I am suffering alone.* And when we decide that something must be wrong with ourselves, we chant a ridiculous motto to ourselves, "Man Up!" **We are not men.**

How about **Woman Up?** How about acknowledging the vast capacity that women possess? Not only in our creativity, intuition, and ability to love, but in the way our bodies are crafted. We are the carriers of babies, holders of hope, mystics, goddesses, the teachers of our future generations. Even in our physical form, God has shown us that women are inherently created to be expansive, from receiving life to giving birthing. We are designed to withstand maximum capacity, yet we are not immune to disease, stress, and off-kilter lives.

How do we change this?

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And SELF LOVE is the kryptonite to the pandemic of external validation.

This is our mission as women, and when we bless ourselves. JL

Excellent tips
on having joy
in your



BY ELIZABETH
REISINGER

Season of Singleness

I had a friend recently compliment me on my natural joy in my “single season” and they encouraged me to write practical tips to help people...so... lol... this is what I got!~

17 Tips to thriving in your single season:

1. Realize this level of freedom isn't forever so make the most it! Travel, take on projects, do things you can do spontaneously because you don't have to check in with a significant other.
2. Learn, study, and do community really well. Deep community reveals relationship triggers that will help you in your future marriage.
3. Grow healthy male and female relationships brother and sister relationships that are free of any agendas. Learn your boundaries and feel out how to communicate them well.
4. Don't get “destination disease” your life doesn't “start” once you are married. It is happening RIGHT now... ENJOY the moment.
5. Be open. Let yourself get to know the depth of people around you. Be gentle with the opposite sex's heart. If a guy/girl has the courage to ask you out or pursue be kind and considerate of their feelings.
6. Fall in love with Jesus in new ways, learn to really enjoy Him and love yourself. If you are not happy single, a significant other won't suddenly change that.
7. Explore hobbies that you never have time for and may not once married.
8. Read books so you are growing internally as much as in other ways. Build 7 streams of income both active and passive.
9. Organize areas of your life that only you see. (If you do it now it will be easier later)
10. Glean wisdom from married couples (invest in them as well).
11. Listen to advice on healthy relationships for experts in their field
12. Sit down and think of where you want to be in five years and write out specific goals working backwards. DREAM big set your sights higher than you could actually accomplish in the natural.
13. Take the high road about past relationships. Let go of any old love letters, tokens, cards. This will free you up so the person you are actually meant to be with won't be blocked by baggage. Refuse the temptation to publicly say anything negative about ex's (you are better than that and in the end honor always comes back to you).
14. Write book/research a topic that you have always wanted to.
15. Make fitness a priority learn new healthier recipes that will increase longevity.
16. “Stop for the one” as Heidi Baker says. You are surrounded by a world that needs an encounter. When you are at the bank, get ting groceries, or at the gym pay attention to those around you. Often 10 min of ministering to someone else actually recalibrate our heart to Holy Spirit and kills off a self-focused mindset.
17. Pick someone to bless in secret once a week. Make their JOY your goal. **JL**



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BASIC NEEDS

for the

Soul



BY HAVILAH CUNNINGTON

Children & Parenting, Identity, Marriage, Sex, Single Life

I have four boys, and they love physical contact. My days are full of wrestling matches, sword fights, and Lego man battles. In the midst of all the playing and running and jumping on each other, sometimes one gets hurt. Oftentimes they'll brush it off and keep playing, but other times the hurt one will look at me, run over, and fall into my arms, tears streaming down his face. I hold him close, wipe his tears, and tell him it's going to be okay. After a couple minutes, he's back up and running around with his brothers again. As his mom, I would've liked a little more cuddle time, but he felt good enough jump back into playing. He knew he had a need to be comforted, so he came to me. Once that need was met, he was ready to tackle the world again.

Just like our bodies have physical needs like food, water, sleep, etc., our souls also have needs. Here are three basic, universal needs for the soul.

1. INTIMACY

Intimacy is being close, familiar, and usually affectionate with another person or group. One way to remember it is to break it

down like this: into-me-you-see. It's allowing people to see you as you are and love you. If you're feeling overlooked, overwhelmed, insignificant, or unknown, you might be needing intimacy.

It's easy to be misled into thinking that intimacy only comes through sexual or romantic relationships. That may be the only way we have experienced it in the past. God actually desires us to be intimate in other ways. Finding ways to relate to people on deeper levels of understanding (not just talking about the weather, but hopes, fears, and dreams), is how we become known. Of course you don't have to do this with everyone, but to talk about these things with people you trust can be life-changing and meet that need for intimacy.

2. CONNECTION

Feeling connected comes from knowing that our story is not an isolated story and that we were born for a reason. We need to know that we are part of something greater, and our story is part of the eternal plan of God. We were not made for isolation and independence; we were made to thrive within a family. If you're feeling alone, isolated, stuck on yourself, or like no one accepts you, you may be needing connection.

The first place to get this need met is with God. He fully loves

and accepts you for who you are. We need connection with others as well, though. We need to interact with people face-to-face, help people in need, celebrate people, and allow them to celebrate us. Ask God to help you find healthy people who can know you, speak into your life, and influence you.

3. COMFORT

Comfort is the need to be soothed, reassured, and encouraged. You don't have to be on earth too long to know what it's like to feel pain, sorrow, rejection, or grief. Comfort for our soul helps us feel safe and secure in unstable circumstances. If you're feeling pain, sorrow, or stress, it may help to find something or someone to comfort you.

Brace yourself, I'm about to get really spiritual here: maybe finding comfort means taking time for a cup of coffee in the morning, getting a massage once a month, or taking that vacation you've been dreaming about. Okay, that wasn't that spiritual, but denying your soul the comfort it needs is not spiritual either. God knows we need comfort sometimes, that's why He sent the Holy Spirit to be our "Comforter." Don't deny yourself comfort, but find healthy ways to make sure this soul need is met.

Sex is an easy way to get all of these needs met, but outside of the safety of marriage, it's not the best way, and can actually leave us more broken than we felt before. It's important to pay attention to these needs so that we can take care of them before they escalate to more than we can bear. It's at this point that we're often tempted to settle for easy fixes to get us out of pain like porn, masturbation, or a one night stand. Don't settle for things that don't satisfy, but learn to steward your soul needs and seek out the One who does satisfy.

We may not be like my little ones, having a mom and dad in our lives to help meet all of our needs, but we do have a good Father looking out for us. We are not orphans. The One who designed us for intimacy, connection, and comfort will be faithful to help us meet our needs. It may not be easy to take the first step and ask Him for help, but just as I held my little one when he ran into my arms, God will not deny His children the comfort, intimacy, and connection they need. JL

DENTAL HYGIENE and Your Health

For years the dental profession has known that there is a connection between your mouth and your total health.



BY LYNNI MILLER

After 38 years as a practicing Dental Hygienist, I am certain that your gums are a window to the health of your whole body.

Your gums should be just as healthy as the skin on the rest of your body. Bleeding gums are a sign there is breakdown in the tissue. There is a link between micro-organisms, "the bad guys", and tissue breakdown.

This article outlines 3 of the most powerful actions I have discovered that you can take to counteract that damage and get further on the path of Healthy Living.

- 1. Get Hydrated!!!** Drink good quality water many times during the day. Water helps eliminate toxins and helps bring oxygen into the cells of your gums. The "bad guys" can't live where there is oxygen.
- 2. Dry Brush your teeth and gums.** This technique is outlined in a video on my Facebook page: <https://www.facebook.com/LynniMillerRDH/?pnref=lhc>. Dry brushing not only disrupts the protective coating for the "bad guys" (plaque) but it also increases circulation in the gum tissue, bringing more oxygen into the area.
- 3. Get Regular Professional Cleanings.** A professional cleaning means that all of the tooth surfaces where the "bad guys" can hide are cleaned to remove any toxins, giving you a clean slate. Thorough daily removal of these nasty micro-organisms and regular professional cleanings helps eliminate the stress of having your immune system fight these damaging "bad guys".

These simple steps will put you on the path of a higher level of health. JL

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Housewives of ORANGE COUNTY



BY ELIZABETH
REISINGER

I have lived in beautiful Southern California my whole life. I got married 10 years ago and moved to an area called Orange County which was a whole new world for me.

For those of you who read my blog and may not know what I look like. My dad was born in Mexico and my mom was born in the U.S, which would make me a Mexican- American. I married a German-American and we have two beautiful children, which make them very confused! LOL Before I continue, I want you to know that I love living in Orange County. It has beautiful weather, beautiful scenery and lots of beautiful people. Most women are stay-at-home moms with 2-3 children and look like the perfect family. I have had a wonderful group of friends for over 15 years and we have been through high school together, marriages and now children. I love doing life with these girls!

A couple of weeks ago some friends and I wanted to get out of the house because we all were going through some stressful things in our lives and we wanted to have some girl time and go to the mall. But this night was going to be a little different; we were going to have all our kids with us.

We met at a well-known mall in Orange County; a mall that we go to frequently. It was four women and seven kids. I know- we are crazy, right? We met in the food court so the kids could eat and we could try and not make too much of a commotion. The funny thing is as we finished dinner and put our kids in their strollers to start walking around in the mall we could hear the snickers of people talking about us and looking at us. Some people were just plan rude, and others were happy to see kids and would start conversations with our little ones. My friends and I were laughing because we couldn't believe how much attention we got that night, some negative and some positive.

If you watch any TV you probably have heard of the Housewives of Orange County. It's interesting to me because the housewives on the show always look well put together. They have had more of their share of plastic surgery, nanny's for their kids and anything that money can buy.

The housewives on the show probably could have paid someone to watch their kids so they could go and enjoy a night at the mall. We didn't have the luxury of doing that on that night. The girls and I joked about how we are the Real Housewives of Orange County. No Botox, no nannies, just our Graco Strollers strolling along on a

The girls and I joked about how we are the Real Housewives of Orange County. No Botox, no nannies, just our Graco Strollers strolling along on a Friday night through the mall.

Friday night through the mall.

What many of the people at the mall didn't know that night was some of the hard times we were going through. One person just lost her mother-in-law to cancer, and her night out was bringing encouragement and joy to her life. It also made me thankful for the crazy life and what some might see as an inconvenience - my kids.

I read a quote the other day that described *Motherhood as "the days are long but the years are so short."* The moments that I have with my kids right now are so important. As moms we tend to get so overwhelmed with what others think of us, the daily tasks, never ending schedule and just trying to keep up with it all.

Earlier that day I was in a store with my 5-year-old son and 2-year-old daughter. We were going to the store to pick out a book before going to the mall. It was supposed to be a fun experience but quickly turned into complete meltdown with my son crying and not listening to a word I was saying.

As I was standing in line a lady was standing behind me. She put her hand on my shoulder and said, "It's going to be ok. We have all been there and you are doing a good job." I was so thankful for the words that she chose to speak in to my life. She could have been annoyed with my son not listening but instead she chose to use the situation to encourage me.

I've realized that God has blessed me with two beautiful children and though I may not ever be on a TV show or have high status, but to my kids I am the best thing in the world! They love me and inconvenience me but I would not change it for anything. ***I may not be able to pick up and do what I want where I want, but God has called me to something so much greater! He has called me to build the next generation and I take that calling very seriously.***

So, the next time you see my friends and I walking through the mall with all of our kids, don't get nervous or scared but know we are the Real Housewives of Orange County. ***We are women who love our kids and are just trying to be the best moms we know how to be!*** JL



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BY KAREN NURSE

Living With The Choice

The door to the waiting room opened. “Karen Nurse” The resounding pounding of my heartbeat seemed to shake me to the core as thoughts began to race through my head. “What am I doing? Why didn’t he come? I should have made him come?”

Suddenly, I couldn’t move. I was transfixed with fear. I felt like a little girl helpless and very alone. I must have had the look of a deer caught in headlights because the Nurse, seeing the terror in my eyes and sensing my hesitation, walked over to me, gentle took my arm and led me through the open door. My conversation from the night before began to play in my head.

Are you sure you want to do this?” I glanced at him to see if he was serious. Void of much emotion he continued. “What about me? I am the Father. Do I have a say in the matter?” This wasn’t the first time the question had come up and frankly I was getting irritated by it. “Come on!” I said incredulously rolling my eyes to the heavens. “I have dreams and aspirations just like you. Besides We’ve only know each other a short while. What if “we” don’t work out; my life stops as you gallivant off to the next female? It wouldn’t be the first time you walked away from you’re responsibilities. How do I know you won’t do it to me?” “I wouldn’t” he said, turning to leave. “It’s my body” I said to his retreating back. “This decision really doesn’t affect anyone else but me!”

“Here we are.” The Nurse said, snapping me out of my thoughts as we walked into the procedure room. “Go ahead and put this on.” She seemed detached, almost mechanical as she handed me a worn, faded gown. I wondered how many other girls had worn it before me. “The Doctor will be in shortly.” I avoided her gaze, heart still galloping at a speed of 100. “Hey,” she said softly, my eyes locked on hers hoping she’d say the words that would make all of this go away. “It won’t hurt and it will be over before you know it,” she gave me a reassuring smile before closing the door behind her.

She was right. It was over before I knew it. And I didn’t cry. Not in the doctor’s office, or the recovery room, on the drive home or even when I went to bed that night. It was a couple weeks later that the truth and finality of what I had done hit me. I had taken

My decision to have an abortion affected me, my unborn babies, my son, the father who didn’t have a choice, my family who never knew, and the generations that follow.

the life of my baby. Suddenly every emotion imaginable hit me, the damn broke and the tears came like a flood.

We can’t see how a choice made when we are young will affect us later in life. My decision to have an abortion affected me, my unborn babies, my son, the father who didn’t have a choice, my family who never knew, and the generations that follow. Proof to this fact came when I shared my experience with my son and rocked him in my arms as he cried and shook with grief. It’s been a secret that I’ve carried for years and although God has done much healing in me, I believe He’s showing me that there’s residue that’s preventing me from being fully one with Him, myself and with others.

God desires us to be healthy and whole in every area of our lives with nothing separating us from Him. Although the Lord knows our transgressions, He tells us to confess our sins one to another and when we do, we will be made well. There’s always that fear of what people will think or how I’ll be perceived when I disclose such intimate secrets.

However, my desire to please Him is greater than my fear of man. Trying to hide old wounds in my heart prevents me from receiving His healing, power and love in these areas. With His compassion, we are clothed in compassion, kindness, humility, gentleness and patience which allows us to walk in freedom helping others to do the same. When we are fully in Him we can walk in our true identity as children of God. **JL**



VISIT REDDING, CALIFORNIA

World-Class Fishing In The Heart Of The City

BY KELLIE MARKEL

A Few of Redding’s Highlights for Fall

Movie Night at Benton Airpark
Saturdays 7-9 pm
2600 Gold St, Redding, CA 96001
241-4204

**Honey Bee Festival at:
Chrysalis Charter School**
21945 Old 44 Dr, Palo Cedro, CA
96073 - Sept 10th 8:30am – 9:30pm

**Kris Kristofferson at the
Cascade Theatre**
1731 Market Street, Redding, CA 96001
96001 - 243-8877
September 29th at 7:30pm
**Big Bike Weekend at Win River
Resort & Casino**
October 14th – 16th

**Grammy Award Winning
Artist Ani DiFranco at the
Cascade Theatre**
1731 Market Street, Redding, CA 96001
- 243-8877

**The Underwater Bubble Show at
the Cascade Theatre**
1731 Market Street, Redding, CA 96001
- 243-8877

**Sacramento River Trail Races
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<http://shastatrailruns.com>
16349 Shasta Dam Blvd, Shasta Lake, CA
- Registration closes:
Wed, Oct 19, 11:59pm

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Settled in the foothills of northern California, Redding is best known for the stunning Sundial Bridge, summer fun on the lake, and now more than ever: outstanding fishing. Redding is the heart of Northern California’s fishing; the Sacramento River runs cold and swift through the center of town, creating one of the best fisheries in the country and helping to establish Redding as the only West Coast town to make Forbes.com’s list of ‘North America’s Top 10 Trout Fishing Towns’. Its sunny weather also makes Redding an easy place to fish, because the lakes and rivers are almost always open.

In addition to having an abundance of lakes, rivers, and streams close by to fish on, Redding boasts unparalleled numbers of quality fish. Area guides frequently boast 20-40 fish days with their clients. The Lower Sacramento River benefits from a Temperature Control Device that extracts colder water from the depths of Shasta Lake and sends it downstream, allowing rainbow trout to feed and grow year round. According to Redding’s own The Fly Shop, the largest fly fishing specialty shop in America, “the river’s controlled flows, combined with northern California’s temperate climate, result in near-optimum fishing conditions nearly every day of the year. The average size of the rainbows on the Lower Sacramento is 16 inches, while fish over 20 inches are relatively common, and they are all fat and healthy.”

There are so many different ways and places to fish around Redding, you may have a hard time deciding where to start! Fortunately, The Fly Shop leads the standards in fishing, and their guide services and private waters program ensure quality fishing unlike any other.

World-class fishing for all is in the heart of northern California, along the I-5 corridor in Redding... just look for the giant sundial. **JL**

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the magic of Mentoring

"A mentor empowers a person to see a possible future, and believe it can be obtained."

—Shawn Hitchcock



BY MARTIN FLACK

Co-founder KCN, Vistage Chair, Mentor Coach with Riverstone Coaching

Many times, we are up against challenges both in business and in life, and we find ourselves facing them alone. Having collaboration with friends, mentors and sponsors can give us critical motivation and soften the learning curve of new endeavors.

Sometimes we have learned to have good judgment after experiences where we made mistakes. Failure is one of the greatest teachers. Mentoring can allow us to skip a step, and let's us "borrow" the good judgment of another going forward. But true mentoring goes far deeper than just improved strategy. It includes encouragement, identity realization, and being influenced by a chosen role model.

Is mentoring for everyone?

I would truly hope so, but individuals must decide what is best for them and in which season of life or business, mentoring would make sense for them.

Here are a few of the most important qualities of a Mentee:

1. A true desire to be mentored
2. The love of learning
3. Self awareness
4. Teachableness

Is this you? Or is this the "you" that you want to be? Don't let fear or die-hard independence be an obstacle to giving mentoring a try.

Finding a Mentor

Often times you hear motivational speakers talking about how important it is to have a mentor and we ask, "Well where do we find them?" This can be a challenge. If you want to find a mentor then you must fully decide that you want one. Once you have made that decision, then you have just activated one of the best search engines available. Wholly focused desires open the eyes to see opportunities and to have the practical faith to step into them. Do not be surprised when you begin to see relational doors that can lead you to mentoring relationships. But be selective to whom you allow to the mentor level of influence.

What makes a great Mentor?

A mentoring relationship is a rare commodity and we need to treat it with the utmost care. It can be so wonderful to find yourself being mentored or sponsored. A great mentor draws out the best in us, challenging us to take our dreams seriously. They do not need to be an Albert Einstein for your life. But there are certain qualities that seem to be sterling for mentors:

1. Maturity & good practical judgment
2. Caring and safe
3. A good connection with your heart and personality
4. Available & approachable
5. Committed to your success

The Greatest mentor in our lives is the Lord: His coaching is brilliant. But he also loves to use His people as conduits of His love. A truly great mentor is one who let's the pure words of heaven flow through them to us.

A great mentor draws out the best in us, challenging us to take our dreams seriously. They do not need to be an Albert Einstein for your life.

Designed & Spontaneous Mentoring

Perhaps when you think of mentoring, you consider a designed relationship of mutual commitment with talks over coffee on a regular basis. This is certainly valid and dynamically transformational. But there is also the unplanned mentoring where the Lord uses someone or even a group to greatly influence us with insight and support. Recently I was at a Vistage CEO peer advisory group of which I am a member in Sacramento. I am new to the group and don't know the members well, but when I shared the challenge I am facing with a new business venture, I was literally blown away at the multifaceted wisdom and support that was given to me. It was a spontaneous moment and of greater significance that I imagined. I am grateful to have been deeply mentored by the group at a crucial time in my business.

Coaching & Mentoring

Coaching skills are absolutely ideal for mentoring since they help nourish independence and responsibility in a partnering orientation. Intuitive listening, believing in the

person, challenging, goal setting and finding the agenda of the heart are just a few tools that dovetail smoothly into the skills of extraordinary mentoring.

Going alone is a greatly overrated concept. We as humans are designed to support each other. That's why Paul in the book of Ephesians used the analogy that we are all like the human body in our relationships with every joint supplying nourishment for the growth of others. How can we as Christians or coaches think that we can be our best without a support system one with another? Let me challenge you today in the search for your mentors. This is the secret way of life where you can become the very best you. **JL**

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EMPOWERING TEENS

to Self-Manage in High Risk Situations

Part 2

This is the second article in a series addressing teens at risk and resourced from the book, Empowering Teens to Self Manage in High Risk Situations, authored by Yvonne Martinez and Heather Wright.

Effective communication is one of the biggest keys to solutions for teens engaging in high risk behavior. Many teens are unaware of what is going on inside of them underneath the surface. The process of motivational conversation is designed to elicit from them their own discovery of the thoughts, feelings, needs, and desires they are currently experiencing inside, and usually expressing on the outside. With motivational communication, the helper intentionally chooses language and posture to elicit not only this discovery, but what the youth wants to do with what they learn about themselves. By empowering individuals through affective communication tools rather than telling them what to do, the likelihood they will take positive action is greatly increased.

When working with teens demonstrating high risk behavior, it is important to assess their level of readiness and motivation for change before expecting them to implement positive alternative behavior strategies. A motivational approach to guidance honors the individual while fostering an environment for partnership and collaboration, rather than positioning the helper in an adversarial or confrontational role. Research has shown a correlation between the use of this guiding, supportive method of helping, and greater motivation and constructive change outcomes for the one being helped.

When working with teens demonstrating high risk behavior, it is important to assess their level of readiness and motivation for change before expecting them to implement positive alternative behavior strategies.

The Process of Motivational Conversation

Establish Rapport: Creating a non-judgmental environment where the person feels safe and accepted can be facilitated by a simple compliment. Mention something you like about them: their hair, their shoes, their tattoo, etc. Engage in small talk for a few minutes until they seem more relaxed. If they are nervous, reassure them with affirmations like, "I'm really proud of you. It says a lot about you that you are willing to take this step."

Collect Information: Once rapport is established, begin collecting information to assess the person's perception of the problem and explore their understanding of their condition. Use open-ended questions to encourage freedom of expression. For example, invite them to tell you their story. Restate what you are hearing. Clarify how what, where, overused or misused strengths may display as problems but will be assets when they are used within healthy boundaries. For example, empathy or mercy which becomes overused can become people-pleasing or co-dependent.

Identify Needs, Priorities and or Goals: Needs motivated by deficiency include physiological, safety, love, and esteem. The longer they are unmet, the stronger they become as motivators. Once basic needs are identified and met, it is much easier to help someone set goals for higher levels of priorities. JL



BY YVONNE MARTINEZ

Yvonne Martinez has nearly 30 years experience ministering God's power, healing and freedom. She is an ordained minister and serves as director, pastoral counselor and addictions specialist in the Transformation Center at Bethel Church in Redding, CA. Yvonne is the author of 18 books and educational director of CARE-EDU, an approved drug and alcohol certification program,

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BY RENAE TOLBERT

Renae Tolbert lives in Redding, where she writes short stories, enjoys the outdoors and wildlife photography. She works at Shasta College. Her "Creator's Touch" prints and greeting cards of local wildlife and scenery can be purchased at Enjoy the Store on Placer Street in downtown Redding. She's been published in Cup of Comfort for Christian Women, Guideposts Heavenly Company anthology, and Birds and Blooms magazine.

Joy in the Mourning

Reinvent the Reason – Not Yourself

My loss was my husband. For you, it may be a child, a parent or beloved pet. It's difficult to imagine joy in our mourning and time of grief. We are immersed in our pain, completely devastated and at a loss about what our day or next minutes will hold. We are barely able to consider tomorrow without tears, much less joy in our hearts.

The first months, I found myself asking: *Who am I now? What will I do? What is my purpose in life? Who will I cook for? Why will I cook at all? Who will I make chocolate chip cookies for? Will I have reason to clean the house, mow the lawn, buy groceries or wash the windows?* After all, everything I did was for him because I loved him, I wanted to serve him, I wanted his home to be clean and lovely and look nice. I loved honoring him by doing things for him. Suddenly, there were no reasons for anything I did anymore. Life as I knew it was

stripped away. I felt I needed to reinvent myself. I began to find new reasons to do them these things. Many days, giving up certainly felt easier, but with God's help through my friends, my church family and co-workers, I began to see purpose one task at a time, yet; even still, each task was like trudging through wet cement.

When we suddenly lose what gave us our reason to put our feet on the floor every morning and press "start" on the coffee maker, it feels like we have nothing left because our purpose left with our loved one. We are alone, empty and broken.

I discovered that finding the things that brought me joy apart from Herb helped. For me, it was wildlife photography. This was hard at first because I was always so excited to show Herb the pictures I took. He was my biggest fan and in his opinion, I never took a bad photo. For a spell, it was painful, so I avoided photography. Then I realized Herb wouldn't want me to stop taking pictures of wildlife. It was my passion. So I inundated my friends with photos on Facebook and that fulfilled my need to share the amazingsness of God's creatures, big and small, in the air, water and on ground!

I have attended some musicals, plays, and events. Going alone doesn't bother me, and I find more joy each time I go outside my comfort zone. I have flown to Southern California by myself 3 times. It is quite a feeling of freedom.

On a more adventurous note: I got out the chainsaw and cut some large limbs off the tree. When my lawnmower needed a tune up, I watched a tutorial on YouTube and changed the filter, spark plug, oil, and replaced the blade. Talk about empowerment! I landscaped my back yard and planted a flower garden -figuring it all out, on my own.

Twenty months into this journey, I still cook, clean house,

buy groceries, wash windows and obviously, I still mow the lawn. Once in a while, I make chocolate chip cookies. Why? Because it's who I am. I didn't need to reinvent myself after all. I needed to reinvent the REASON! Empowering myself, changing my perspective and taking charge of my thoughts has been key for my healing

Your joy will come. Each day that passes, you discover new reasons for doing things you used to do. You will feel empowered and you may feel guilty for feeling that way, or for feeling a new freedom. But know this, God will sustain you, provide for you, and equip you with all you need to put your feet on the floor and press "start" on the coffee maker every single morning.

Henry Nouwen says, "Joy does not simply happen to us. We have to choose joy and keep choosing it every day."

And God's Word says, "Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance." James 1:2-3

Persevere and go in FAITH and discover new reasons for all you do, and find Joy in your Mourning.**JL**

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and taking charge of my
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The Making of a WOMAN

I grew up in southern California, raised with a strong value for education, hard work and a love for Jesus. As a young girl, I had several powerful encounters with the Holy Spirit that set the course for my life.



BY JULIE WINTER

I had a natural love of the sciences and was drawn to medicine. My education includes a degree in genetics from UC Davis, a degree in nursing from CSUS and a Master's in nursing from UCLA. While I was at Davis, I met my husband, and we married and had two sons. I've worked as a nurse practitioner for 29 years and now have four grandchildren. We settled in Redding, our forever home in 1989.

I love what I do as a profession and never saw myself being involved in politics. I have, however, always been interested in making things better, and have never been satisfied with the status quo. I

like change, tend to think big picture, and will take calculated risks. I serve on several organizational boards and about six years ago was approached by three different people in a span of three months to run for Redding City Council.

You might as well have asked me to go to the moon. I thought it was a terrible idea, and I said no. I continued to say no, but there was a little voice that kept asking. I did not want to grieve the Holy Spirit, so I agreed to pray about it. He would not let it go, and there came a point when I felt such sadness from the Lord, because of my response, that I begrudgingly said, "Okay I will do it. But you have to show me how, and make a way." Interestingly enough, once I said yes, my heart began to turn toward what would I change? There are many issues faced by our city, but if I could change anything, what would have the most benefit?

The painful social problems in our community grieved me, but what was really going on? Over the next few months, I began to investigate the city, looking at both our needs and our assets. I studied Nehemiah, who returned to Jerusalem and found a city with broken down walls and gates. My medical training was excellent for this task. As I gathered the data and looked at the problems, I began to ask the Lord what was the symptom and what was the actual disease. The Lord revealed to me that our city had four foundational walls that were in disrepair. These walls were identified to me as our local economy, vision, community, and mental health. I'm sure there are other walls as well, but these were specifically highlighted as being in disrepair. The broken gates represented our public safety issues. The reason we are struggling with our gates is that our walls are broken and cannot hold up the gates. People lose hope when they do not have a livable income, are disconnected from the community, have no vision for the future and have a mental illness. Once we begin to repair these walls, the gates of public safety will be easier to fix. It is not one or the other; we must repair both.

Nehemiah successfully got the citizens to repair the walls


using existing resources. What he provided were encouragement and strategy. He had each family work on the wall that was in front of their home, and when they got resistance he had them take turns building and standing guard.

We have the resources to rebuild our city as well. Personally, I have a deep passion for the walls that represent our local economy and vision for the future. Without these walls, there is no hope, and no funding for solutions, and when people have a vision of what they can become, they will harness their resources toward that goal. There are others who have a passion and strategy for creating community and for treating mental health and homelessness, which I wholeheartedly support as well.




I see a city that is a place of creativity and restoration. We have naturally been gifted with abundant natural beauty, quality of life and talented people. I see a city that leverages its God-given assets to create jobs that give our children a future in Redding and a pathway out of poverty. I see a city that comes together as a community to provide hope for those who are mentally ill, homeless and addicted. I see a city that will do whatever it takes to create a vibrant, prosperous, community for generations to come. JL

The Lord revealed to me that our city had four foundational walls that were in disrepair. These walls were identified to me as our local economy, vision, community, and mental health.





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Dear Yvonne



Q. How can I know I am ready to move on after a life changing event?

If you feel you have regained a sense of safety in your own life, you have gotten over the first hurdle to creating change in your circumstances. When you feel in control of your decisions and choices you will feel more confident to trust yourself and hopeful about the future.

Q. What is the difference between core strengths and core beliefs?

We are born with personal strengths that demonstrate our unique design. These are strengths of character a person owns, celebrates, and frequently exercises. Our personal strengths are always with and are the ways we express our identity. On the other hand, core beliefs are what define our internal conduct and our external relationship with the world. These represent your highest priorities and deeply held driving forces. In relationships you bring and contribute your deeply held values and beliefs and are usually expressed through our core strengths.

Q. What do you suggest for someone having a difficult time making a decision?

We all want to make the “right” decision and avoid the peril of a wrong turn. Seeking counsel from people and leaders who know you is always wise. But ultimately, you will need collect all the suggestions and make a choice. Weigh the options and write out your choices and consequences carefully. Which option do you feel that it is the best thing for you to do right now? Which consequence are you willing to risk? Ask God what He thinks of the idea or plan. Trust your gut and listen to your heart. Sometimes this is God talking to you.

Dear Yvonne is a ministry to those needing help resolving issues of conflict.

Questions may be confidentially emailed to yvonnem@ibethel.org

The Christian Quarterly editorial staff reserves the right to select questions for publication.

Yvonne Martinez has nearly 30 years of experience ministering God’s power, healing and freedom. She is an ordained minister and serves as director, pastoral counselor and addictions specialist in the Transformation Center at Bethel Church in Redding, CA. Yvonne is the author of 18 books and educational director of CARE-EDU, a CCAPP/CAADAC approved drug and alcohol certification program, www.care-edu.com. For a personal ministry appointment with Yvonne, call Transformation Center (530)229-7909.

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 2 Garlic clove (crushed/minced)
 1 tbsp Fresh grated ginger root
 1 Green onion (sliced)
 1 tbsp Fresh Rosemary (optional)
 1 tsp Additional oil for cooking, sesame or EVOO

Directions

To start the marinade, grab a gallon Ziploc bag, and start combining ingredients: soy sauce, sesame oil, garlic, ginger, the white part of the green onion, rosemary, and half of the orange juice and zest. Once combined, add the ahi steaks to the bag. After removing the air from the bag, seal and let marinade in the fridge for 20min (or overnight).

In a skillet over medium high heat, place the ahi steaks and sear for 1.5 minutes (or up to a minute more of you prefer a bit less pink). Flip, and sear the other side for another 1.5 minutes. For the best seared ahi, you want that raw pink middle – you’ll know it is done when the edges show some white near the seared sides with a pink center.

Remove from the skillet and let set for a minute. Slice about ¼” thick for serving, and plate over your broccoli slaw. Sprinkle the tops of the green onion over the plate, and add a sprig of rosemary or orange slice for garnish. **JL**



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ABANDONMENT

Fear of

Recently I led a mission trip team to Japan where we loved on orphans in the humid, sticky heat of Osaka, prayed for sick people, visited a beautiful castle, fed apples to intelligent, aggressive monkeys and encouraged communities throughout Japan.



BY MIKE MAESHIRO

A lot can happen in a short period of time when a group of people rally together with intentional purpose and shared vision. Quality time and cooperation can cause bonding at an accelerated rate. Beautiful, right? Of course, until your scared, inner child is left alone to deal with the emotional highs and lows of these activities. In any given situation, we either move toward love or fear; love opens us, fear closes us.

My team and I stayed with a host home and I grew fond of the whole family. When we started talking about leaving Japan, the thought of leaving this beautiful family behind brought a sting of pain and I could feel my emotions getting heavy, I was being pulled toward fear. My heart would need to process the loss of connection but there was a stronger pull happening in the moment than just sadness, it was fear. I was afraid of being abandoned; left behind.

The whole dynamic of saying goodbyes had become a traumatic, painful event I usually just braced myself through. It's rare that I got to feel my emotions, let alone express them, as I parted ways with people I cared about in my life. I buried those emotions for the most part, not allowing myself to feel them. They were painful and I was afraid I couldn't control them.

The fear of being abandoned and the intensity of that threat

I didn't realize until now that the constricted, bracing feeling wasn't because goodbyes are bad but because I'm resisting the sadness my heart is trying to feel.

caused me to feel emotions that I judged as inappropriate. They were too strong for what was acceptable from what I had perceived about the people around me. Shame came in and made me feel like I was wrong, what I was feeling was not normal but more specifically, unacceptable. So burying these emotions was the "mature" thing to do. In my false idea of maturity, I sabotaged my ability to grow and healthily process these transitions in my life. I didn't realize until now that the constricted, bracing feeling wasn't because goodbyes are bad but because I'm resisting the sadness my heart is trying to feel.

—Was I being abandoned by leaving this family in Japan?

No. And my mind understood that. But my heart did not. Like clockwork, my subconscious triggered the fearful onset of painful insignificance and irrelevance to the people I had chosen to bond with. Because of the growth and healing I have undergone, this experience was momentary and didn't cause me to disconnect from the moment, instead I caught that it was happening.

What do I do with this experience?

I HAVE it. I allow myself to grieve the loss of these connections. I allow myself to feel sadness, to feel the pain, I may even need to cry. But more important—

ly, I need to embrace my experience and express this pain. I need to embrace it to the point where I no longer despise my negative emotions or reject them. In this is healing, in this is wholeness...in this is authenticity. It's our honesty that the world demands of us and those who refuse to be that brave are prohibited from having confidence or intimacy.

In this life the prize is connection and the cost is vulnerability. JL



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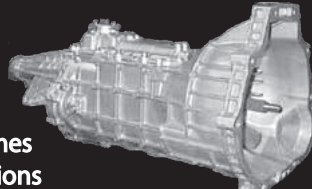
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Marriage

the garden of



BY JOHN W. NICHOLS

John W Nichols invested 32 years as a professional engineer before transitioning to writing. His books include the Honch Wilson Adventure series for preteen readers. John serves with adult ministries in his church and is a frequent contributor to the blog. Learn more at nicholsnotes.com

Successful gardening and building a marriage have much in common. The vigilant gardener knows when to water, fertilize, and prune. His hard work today pays off with a vibrant garden in the future. A marriage, just like the garden, requires effort. Timely care and attention to detail will enrich the couple's experience as their relationship thrives.

The successful gardener chooses carefully.

Real estate experts say "location is everything", and that truth holds in the garden. Every gardener has relocated a plant to find a spot that better suits its needs. Plants that languish in one location may prosper in another. Does the plant require full sun, partial sun, or shade? Is it compatible with the growing habits of its neighbors? Through research and trial and error the gardener discovers the secrets.

A successful marriage demands that partners study one another. The husband learns the circumstances that bring out the best in his wife and works to foster her growth. Likewise the wife gains understanding of her husband's ambitions and supports his efforts.

In the healthiest marriages the couples meet each other's needs then look outward to serve God and others through the family, church, and community. Partnering to benefit neighbors reinforces the couple's awareness that they are part of the universe, not its center.

The successful gardener prepares diligently.

Garden visitors marvel at the beauty of the blooms, but the part of the plant buried under the soil makes that display possible. Roots matter. Strong, healthy roots require good soil and the correct nutrients. Compost mixed into the bed with the

gardener's sweat increases the likelihood of healthy plants. The hard work of removing rocks and breaking up soil boosts the spread of roots.

Marriage languishes in nutrient-free soil. Life presses with unrelenting stress, and the pleasant memories of falling in love succumb to the daily grind. Marriage partners must improve their soil. Growing couples schedule time together and enjoy their dates long after the wedding ceremony. Love notes tucked into a lunch bag or taped to the dashboard initiate smiles, happy thoughts, and love in return. Kind words, a gentle touch, and thoughtful acts strengthen the marriage.

The successful gardener waters wisely.

Gardens suffer during seasons of drought. Dust-caked leaves shrivel, buds refuse to bloom, and plants wither. Heat swirls as soil hardens and cracks. The garden needs water, and the gardener joins the farmer in praying for rain. Hope is lost without that water, and years of effort may be erased in a single season.

A marriage has good times and bad. Neglect and hurtful words singe feelings and spread drought through the relation-

The wise spouse stands ready to look for the best in his mate under all circumstances.

ship. Only soothing drops of understanding and forgiveness can set things right. The wise spouse stands ready to look for the best in his mate under all circumstances.

The successful gardener cultivates consistently.

The gardener invests hours among his plants as he observes progress and inspects for problems. He breaks the soil so water can soak down to the roots. Often on his knees he removes weeds before they choke out tender plants. Jesus explained the deadly habits of thorns in Mark 4:7. Watchfulness is as important as pruners to the gardener.

Maintaining a thriving marriage requires regular checkups. Spouses reminisce about the past, discuss the present, and plan their future. Mutually shared goals, often the output of long talks, set the overall direction for the relationship. Issues are addressed, not ignored to spread and choke the love. Alert partners repel stress, time crunches, demanding outsiders, hobbies, careers, or anything that may crowd the couple's relationship.

The successful gardener waits patiently.

Some seasons bring ideal gardening conditions, and the showy flowers draw praise from visitors. Other seasons are less spectacular, but the gardener never quits. He tends, plans, and plants. Time is the currency of gardening, and the gardener's investment is never wasted.

Spouses weather sparse seasons and hope for a brighter future. Their commitment to one another is long-term, and patience is the key. In the garden of marriage the practices of choosing, preparing, watering, cultivating, and waiting beat quitting every time. **JL**



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BY SUZANNE LUIS

Suzanne is a counselor at Bethel's Transformation Center, I have a Lay Christian Counseling Certificate from Regent University, I also am licensed with the State of California as a Drug and Alcohol Counselor and I teach and do dream interpretation.

the need for

Validation

Part 2

We can be hijacked by the need for approval without knowing it foreexample do you go to Facebook, Twitter, or other social media? Do you go to parents or friends? If you find yourself habitually going to these places it is important to call out that place for what it is.

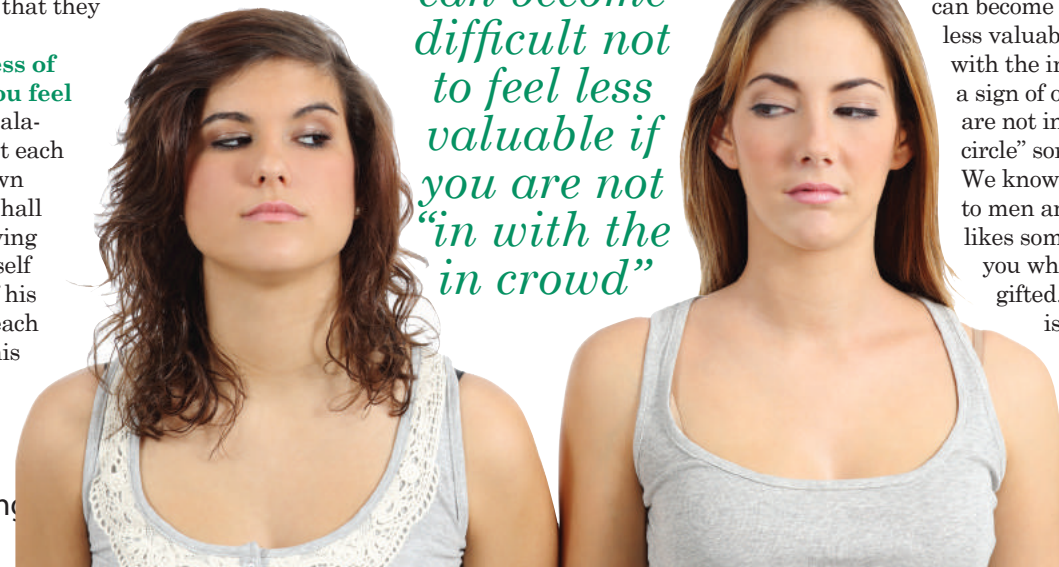
Every journey starts with the "naming" whose approval do you seek most? Where do you look for it? In order to let go of something, you first have to admit you are holding on to it. Once you see it for what it is you are closer to canceling it's power over you.

- 1. Do you use the approval of others as a motivator to try harder?** "Work hard so that you can present yourself to God and receive His approval." Not so that we can be recognized for what we do and thus receive validation. Ephesians 6:6-8, "With good will render service, as to the Lord, and not to men, knowing that whatever good thing each one does, this he will receive back from the Lord, whether slave or free."
- 2. Do you have a difficult time accepting God's approval as being enough?** Galatians 1:10 "For am I now seeking the favor of men, or of God?" "Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ."
- 3. Do you compare yourself to others?** If so the problem is envy. 2 Cor. 10:12 (Expanded Bible) "We do not dare to classify or compare ourselves with those who think they are very important [commend/promote themselves; They use themselves to measure themselves, and they judge themselves by what they themselves are. This shows that they know nothing."
- 4. Does the success of others make you feel inadequate?** Galatians 6:4. "But let each man prove his own work, and then shall he have his glorying in regard of himself alone, and not of his neighbor." "For each man shall bear his own burden."

When you are part of a larger group than you are used to, it can become difficult not to feel less valuable if you are not "in with the in crowd"

- 5. Do you enjoy doing good deeds without being seen?** Matthew 6:1 "Take heed that ye do not your righteousness before men, to be seen of them: else ye have no reward with your Father who is in heaven."
- 6. Do you avoid trying something unless you have assurance you will succeed?** Ecc. 11:1 "Cast thy bread upon the waters; for thou shalt find it after many days. Give a portion to seven, yea, even unto eight; for you know not what evil shall be upon the earth."
- 7. Do you love others in order to get their approval?** If you need something in return it is not a God kind of love. Luke 6:32-34. "And if you love them that love you, what thank have ye? For even sinners love those that love them. And if ye do good to them that do good to you, what thank have ye? For even sinners do the same."

When you are part of a larger group than you are used to, it can become difficult not to feel less valuable if you are not "in with the in crowd" we make it a sign of our value when we are not invited into the "inner circle" sort of like high school. We know that God gives gifts to men and it can feel like He likes someone better than you when they seem more gifted. But the truth is each person is a unique feature of the face of God. JL



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