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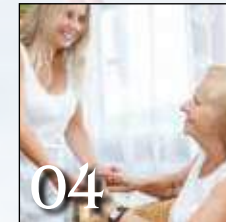


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BY DR. BOB BOYLE



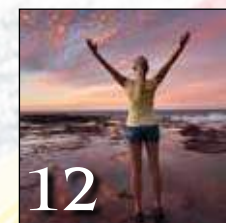
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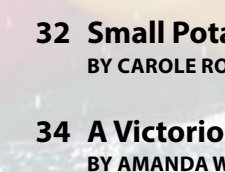
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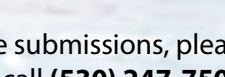
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Joyful Living

Summer 2018

Joyful Living Magazine is committed to embracing a lifestyle of joy and abundance. We are a 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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Little and BIG



BY DR. BOB BOYLE

Dr. Bob Boyle has been practicing as a licensed psychologist in Redding, CA since 1991. Currently, he is the staff psychologist at Far Northern Regional Center and maintains a part-time private practice. He also works with businesses and athletic teams around leadership and team-building. Dr. Boyle is co-author of *A Hitchhiker's Road Map to Leadership*. Dr. Boyle is married with four grown children, and enjoys coaching basketball and playing golf. Dr. Boyle can be reached at: drbobb Boyle@gmail.com

Big and little. Little and big. Words of comparison, describing degree of size or maybe intensity. These descriptive words are often used to describe level of importance. Similar to many other aspects of life, God turns these ideas of "little" and big" on their proverbial ears. In our culture, bigger is better and little is weak. In God's economy, there is beauty and holiness in both little and big. And oftentimes, the "big" is found inside the "little". Which makes the "little" not so little!

My best thinking/praying occurs when I'm walking. For many years, walking was very painful for me. I had a knee that had been injured a long time ago playing the sport I love – basketball. And both of my hips had little/no cartilage left in the hip joints. This made walking a very painful activity. Three joint replacements later, I have been granted a new physical life. I can walk pain-free again. While walking the other day, I was listening to my new favorite album (Evergreen) by recording artist Audrey Assad. In particular, a song entitled "Little Things With Great Love" struck me. Doing a little research, I found that this quote has been attributed to Mother Teresa, who reportedly said, "...Not all of us can do great things. But we can do small things with great love".

At first glance, this quote by Mother Teresa upset me. Not all of us can do great things? Sure we can! And shouldn't that be our goal – to do great things? But sometimes this lofty goal of "great things" gets in the way. We tend to consider all of the other moments of our lives (other than "great things" moments or moments in the pursuit of great things) as unimportant.

How wrong this is! Our lives are really made up of a lot of "little" seemingly mundane, unimportant, and even boring mo-

ments/hours/days. The hidden treasure is to consider these little moments as big opportunities! As mentioned earlier, what if the "big" is wrapped up in the "little"? As Mother Teresa said, we can learn to approach and live these "little" moments with great love.

Doing little things with great love. Willingly making morning coffee for her, considering how deep and wide her love is for me. Doing the laundry for the family, even though mindless and boring, so that the family can have clean clothes and be presentable in the world. Being friendly and forgiving when the waiter/waitress makes a mistake on your breakfast order. In a confrontation with a co-worker, meeting sarcasm and criticism with a gentle and kind return response. When others fail to meet up to our expectations, treating them with grace and mercy.

Daily opportunities. Living like Jesus. Doing little things with great love.

MAY I SEE today the largeness of your love, in even the smallest part of creation. May I be ravished by traces of your beauty in earth and sky. May I experience the eternity of your grace pulsing within each moment.

– Sam Hamilton-Poore
Earth Gospel JL



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The Importance of AFFIRMING Our Kids



BY GABBY HEUSSER

We live in a world that, at times, can tear us down and wear our confidence thin. Whether we face struggles with our identities, relationships, or in other areas, all of us needs to be affirmed. Being loved and valued for who we are is a basic human need. Our children especially need to be affirmed as they are making the transition into adulthood.

Recently, our daughters were struggling with some issues so I went out on a bike ride to think and pray (and to release some steam) about how I could help them. The answer that came from God was, “they need affirmation”. What? Did I just hear correctly? Honestly, because of their behavior, I was expecting a different answer-maybe one that put more of the blame on them! In His mercy and love, their heavenly Father began to speak of their greatest need. Isn’t this the ache of our hearts-to be fully seen, fully known, and to be affirmed for who we are? How can we affirm our children? Here are a few practical ways that we can do this:

1. Listen to the heart of the Father. As parents this is a necessity. While we know many things about our children-from their personalities, strengths, weaknesses, etc., as we come to the One who created them, we will begin to understand our kids through the eyes and wisdom of God. The story I shared in the beginning of the article illustrates this. It was not until going to God in prayer, giving Him the questions of raising a pre-teen and teenager, and being willing to stop and listen to His wisdom that I received a strategy to see them walk in who they are meant to be. Raising young people is taxing work, so we must spend time with God so that we love our kids with His love and strength.

2. Listen to the heart of our kids. Listening is a skill that needs to be developed. As someone who likes to talk (my name says it all!), this has not always come easy to me. But I am learning that in order for my kids to truly feel loved, they need to feel valued. And in order to feel valued, they need to be heard. They need my eyes locked with theirs as they tell me about their day-the good and the bad. They need the sympathy that comes from hearing-truly hearing their heart. Sometimes we have to listen beyond only the words they are speaking. Tune into their body language, their expression. This gives powerful insight into what they are really trying to communicate.

3. Give affirmation in the way they best receive it. This goes back to the brilliant concept of the 5 Love Languages that Gary Chapman teaches about. Each of us feels and receives love differently. Taking time to find what makes your child feel affirmed will pay huge dividends and will ultimately cut down on the amount of times they are getting into trouble (a win-win for everyone!).

For example, my oldest daughter Sarah, loves gifts. I mean loves, loves gifts! As soon as I walk through the door with a gift, her face lights up! She is simply responding to feeling loved and affirmed.

4. Never underestimate the power of our words. The words we speak will either create life or death. I have noticed that being proactive and speaking affirming words to my daughters causes them to be in a better mood and to speak/act more positively. When we speak what God says to our children and over

their lives, the ability for them to walk out who God destined for them to be is released. Our words act like a magnet, pulling their potential to the surface where they are not only able to see who they are, but to walk in their identities.

While this is not an exhaustive list of the ways that we can affirm our children, it is a great place to start! I believe as we put these truths into practice, we will see the next generation arise as strong and confident people. JL

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Finding Wholeness



What to Do If You Feel Broken in Your Marriage

Were you raised in a dysfunctional family? Many of us were, and as children, we watched as our parents interacted and tried to keep the family together. We have years of personal observations stored away inside of us, and whether or not we are aware of it, those childhood observations affect the way we view marriage.

In my case, I grew up in a blended family. Fifty years ago in my South American country, divorce was a rare word. I experienced shame and hurt as I tried to understand what was going on in my father's heart. He had children from a previous marriage when he met and married my mom, and both my parents went through a great deal of heartache, which my siblings and I got to observe firsthand. I saw many dysfunctional interactions as a young girl, as well as my mother's pain and my half-siblings' discomfort. We were all confused, and I believed things looked normal in my family because I wanted to believe that. But I grew up with many unanswered questions and a deep sense of guilt, thinking I had to do something to make things work out between my parents.

I felt that way partly because I was the reason they were together. After their divorce, my mother asked me what I wanted for Christmas, and I told her exactly what I wanted—for my parents to get back together. That was the dream in my little-girl heart. So they worked at it and decided to give me what I asked for. They remarried, but it was never easy for them. The tension was always there.

When dysfunction is our understanding of what marriage looks like, what can we do?



BY SALOMÉ ROAT

SALOMÉ ROAT was born in Quito, Ecuador, and has a doctorate of jurisprudence from Pontificia Universidad Católica del Ecuador. She met her husband, Leon, about thirty years ago when he was on a mission trip in her country, and they have three amazing children. Her biggest passions are God, relationships, family, and helping singles with the second most important decision in their lives: marriage. After years of studying what makes a relationship godly, fulfilling, and successful, she has a heart for the generations to come and a passion for couples to find true, intimate love with God and each other. Salomé and Leon (a financial adviser) mentor and coach young men and women and married couples. They live in San José, California.

The Big Secret of a Healthy Marriage

Today, a large number of young people have very little interest in getting married—because they saw the same things we saw. Perhaps they had only one parent. Maybe they were raised in a broken home or in a home where the parents didn't know how to handle conflict, pain, unforgiveness, resentment, etc. As a result, many of these young people don't know how to do marriage well and shy away even from the idea of marriage.

We have a responsibility to give our children our best because God entrusted them to us. As we train and equip them, we can show our kids what healthy marriages look like.

But what do we do if we are broken ourselves? What about the pain and unfaithfulness we have encountered? We need to deal with these things in our lives, so we can have the kind of marriage and family life we want—and so our children will have a good picture of what marriage looks like.

In my story, I've found that wholeness has three components: God's love, the identity He gives me, and the healing He brings me. In other words, a growing and intimate relationship with God is what allows people to step into health. Then from a place of health, they are able to look at marriage in a new light, seeing it from God's perspective.

When you look at your marriage and find places of pain and brokenness, that is what you need—to encounter God's love.

His delight in you will bring confidence and identity to the point where you don't just feel loved, but you know you are loved, no matter what.

It's a Journey

Despite my dysfunctional childhood, my husband and I are happily married. God takes care of us, teaching us how to love one another, our children, and the people around us. Yes, marriage can be difficult sometimes—but as you let Him in and have a humble heart that is willing to learn every day and give, marriage becomes easier and easier. **JL**



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BY YVONNE MARTINEZ

Yvonne Martinez is Transformation Center Director at Bethel Church in Redding, CA and Founder of I Am Brave, Int'l, a nonprofit that provides education and trauma/addiction services. Yvonne has published 23 books. Visit websites: www.shastabluesky.org and www.care-edu.com



Wellness 101

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Creating change is something you need to do for yourself.

emotionally simple things improve life's What do you you need? manage

engage boundaries? How to I have more fun, less stress? These are questions that only you can answer about yourself. However, the answers don't mean much without taking action. Creating change is being able to see beyond yourself to what the solution might be. It boils down to self-control, that is, being an expert on yourself, knowing how you feel, what you need, and setting goals.

It is not always easy to take the action necessary to create change. However, without taking some action, you cannot make changes in your life that may be necessary to help you feel emotionally balanced. Every time you take a positive step in creating change in your life, give yourself a pat on the back or reward yourself by doing something nice for yourself like taking a warm bath, going for a walk, or spending some time with a friend.

Creating change is something you need to do for yourself. No one else can do it for you. Others can help you and support you as you create change, but it is up to you to do what needs to be done. Change takes time and may be challenging. You may have to overcome obstacles, but change in the right direction will creates hope.

It is very difficult to have joy and feel well when you cannot manage your life. Taking responsibility is jumping over the first hurdle to creating change. Being responsible for your choices and actions is a form of self-control.

HEALTH – What are you going to do to take care of yourself?

HOME – Do you need to make some changes in your living space or living arrangement or find safety and a place to call “home?”

EMPLOYMENT OR CAREER – How does your job or career enhance your life and wellness?

DIET – How do you feel half an hour or more after you have eaten that food or had that drink? If you notice you don't feel very good, experiment by making dietary changes.

EXERCISE – Did you know that exercising regularly increases an overall sense of well-being, enhanced ability to sleep, improved memory and decreased irritability, improved self-esteem and increased endurance?

LIGHT – Do you notice less energy than usual, feel less productive and creative, need more sleep, feel sad, or depressed, and have less control over your appetite as the daylight time gets shorter in the fall or when there is a series of cloudy days? By increasing the light in your life, you may notice upward changes in the way you experience life.

SLEEP – Did you know to enhance going to sleep and staying asleep can improve by initiating a bedtime routine by doing the same things every night for one hour before bedtime so your body knows when it is time to go to sleep?

You can also do simple things to improve the quality of your life --things that are free, or that don't cost money, such as increase your exposure to outdoors, colors, art, music, or laughter.

Take 5 small steps, be persistent, don't give up.

1. Read Proverbs 8:24 and invite Wisdom to partner with you.
2. List what's keeping you from the things you need to do.
3. Take action steps
4. List your progress
5. Repeat #1 JL



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Living a Joyful Journey



BY CHRISTY LARGENT

Christy Largent is a motivational speaker with a focus on positivity and engagement. She helps organizations use her positivity principles to increase employee engagement. She lives in Redding with her 2 school-aged kiddos and a very patient husband. Follow her on all social media @christylargent and subscribe to her Instagram channel for daily encouragement helping you find the bright side of life. www.christylargent.com

If you've grown up in the church, you probably know these songs:

"I've got the joy, joy, joy, joy down in my heart."
"If you're happy and you know it clap your hands."
"The Joy of the Lord, is my strength."

And you've probably heard these phrases:

"If you've got the joy of the Lord, then notify your face."
"You'll only have true Joy when you live like this:
First Jesus, then others, then yourself"

February of my first year of college I went through a really difficult time. I was homesick, struggling with my roommates, feeling disconnected from my studies and just generally out of sorts. I made an appointment with the Dean of Women. She basically told me I needed to do the Jesus-Others-Self thing. The problem was, she didn't tell me how to do it.

And as the years have passed, and I've lived through many more ups and downs... I've found that it's one thing to sing it or say it. But how do you actually live it?

Because let's face it. Life isn't always sunshine and crack-erjacks. Sometimes it's storms and the surprise inside isn't a happy one. Like the marriage surprised with a third party. Or the child who chooses wrong. Or the friend who dies too soon.

How do we maintain our joy, our happiness, our positivity in the midst of all that? Here are a few things I've found to be helpful.

1. Remember God's faithfulness.

Remembering God's faithfulness is a constant theme throughout the Bible. Moses reminds the children of Israel: *"Remember how the Lord your God led you all the way in the desert these forty years..."*

Verse after verse calling the children of God to remember God's works.

And then Jesus, as part of the Last Supper, tells his disciples to "Do this in remembrance of me". He understood how many trials they would go through in the days and years ahead, so he gave them a touch point, a place they could run to as a refuge from the torment. A place of memory. Remember.

And so for us. When we remember God's faithfulness, we are reminded that He's got this. He came through before, and He will come through again.

Remember God's Faithfulness.

2. Be thankful for God's faithfulness in your own life.

When we take the time to notice and be grateful to God for his work in our life, we remind ourselves that God is here and now and present. And He has shown up time and time again, working all things out for HIS glory.

So whether it's the messy divorce, or the wayward child, or the lost friend. You see Him there. Right in the midst. And He's working. And you can be grateful.

And when I remember all that, and I'm thankful for His perfect plan, and I can list out all the ways I've seen him work, then, for some reason, I'm given peace and I find that joy again. That happiness I long for.

Things might not actually be any different. The divorce continues. The child is still far away. And your friend is still gone. But, it's different. Your mind actually is focused on Jesus.

And when that happens, we really do experience the Joy, Joy, Joy Joy down in our heart. And the Joy of the Lord really does feel like my strength. And nobody has to remind me to clap my hands or let my face know I have the joy of my salvation. And, I'm actually able to experience the Joy of Jesus, then others, and it's like myself is kind of taken care of.

Remember and Be Thankful. And your happiness will be complete. JL

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BY MIKE MAESHIRO

ALONENESS is not for you

I think it's easy to go crazy when you're alone. Being alone isn't a physical state and it's not a spiritual state. Aloneness is a state of the soul.

When we're alone in our thoughts, our feelings or our desires, we are vulnerable to influences that can take us in strange and easily harmful directions.

We all know the fringe strangers, those who don't socially integrate or "play well with others." These people are separated in their soul from connection to others and are left to the elements of the air, being counseled, driven or scared into directions they wouldn't choose on their own.

But there is another subset of loners, I daresay it's trickier for this group because their symptoms are harder to recognize. This is the group of people who have ventured beyond what their environment has experienced in either accomplishment or consideration. These are the thought-leaders, the celebrities, the captains of industries, people dealing with dynamics and forces not talked about in the village.

By the grace of God, I've tapped into some realms and ideas that I wasn't taught by people and as I've exported my findings to the townspeople, I've discovered what I know is not only valuable but rare. It's easy to reach past what your environment knows and buy the lie that you're alone.

It's easy to label the masses as mediocre and apathetic. You see, pushing the envelope and exploring what other people won't consider isn't easy. It doesn't come without a price; it takes guts, fortitude and exceptional constitution. Whether it's the social outcast or the hero hoisted on the shoulders of men, often, error in either extreme is accepting the idea that you're alone in your journey.

We all are designed to belong. To accept the idea that we don't belong, even if it makes us feel safe or powerful in some distort-

ed way, is to sabotage whatever our gift was capable of. We need our people.

I'm so grateful for my friends along this journey; my path has been anything but ordinary. The temptation to feel alone knocks every once in a while and sometimes it bangs on the door. My communion with Jesus is an anchor but I honestly don't know how well I would do with the hand dealt to me if I didn't have the people in my life that I do. Not because the people in my life are exceptional, I do have exceptional people around me and it's such a gift to know them, but merely having the connection with my friends that I do clears the air and occupies within me the agreement that I'm not alone.

Having friends is inconvenient, people are messy, but not having friends is dangerous.

I use the word "friend" on purpose. When the idea of community is talked about and focused on and dare I say, idolized, we can stray from the real thing and turn people into resources. We "pursue" relationships because we know we need them. But we can't pursue someone from the place of need and call them a friend; they are not a friend for we are not a friend.

The very nature of friendship is one of playfulness, pleasure and affection. If the driving force behind the bond is not coming from this place, we have left friendship and entered something else.

Community will not dispel the darkness; it won't protect us from aloneness. Community isn't powerful enough to satisfy what that darkness is trying to fill. It is friendship, the real kind that protects us from the lie. Friendship cannot be built by necessity; it must come from playful trust.

People don't need other people, people need friends. To have one, we must be one.

Don't be weird, be friendly. JL



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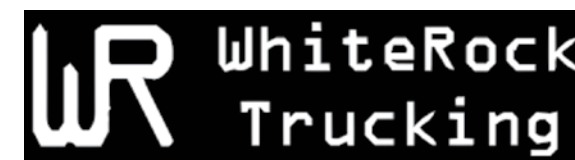


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Located in the heart of UpState California, Redding is a paddler's dream. TIME Magazine labeled Redding as the "unofficial capital of kayaking" and there are plenty of places to do it. Whiskeytown National Recreation Area boasts the sparkling and always full Whiskeytown Lake, which has free ranger-led kayak tours available. Set out on a kayak and glide across the water to an island or small cove for a private swimming spot, or grab a standup paddleboard to cruise on the water. Whiskeytown Lake is also the top spot for sailing where you can race away from the sandy shore to a tree-lined horizon of unspoiled beauty.

As the sunniest city in California with more than 300 sunny days per year, Redding's weather assures you of ideal conditions for your visit. The fun continues at Shasta Lake, where you can tie the water skis, wakeboard or tube to your boat and rip up the water for an all-day escapade.

For the more adrenaline seekers, paddle your way through the white water rapids of the Trinity River with guided rafting trips. Strap on a helmet and life jacket and work your way down the swift-moving river for endless fun. If the slower-moving waters are your preference, stick to the Sacramento River and paddle under the world-famous Sundial Bridge, a Redding landmark.

Make one thing certain: break away from your normal activities and fun it up this summer by soaking up the sun on the water in Redding – Where Fun Meets Adventure.

UPCOMING EVENTS

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Ranger-led Kayak Tours

Friday-Monday, June 9 - September 3

Hop on a tandem kayak with a friend and explore the quiet coves around Whiskeytown Lake while you learn more about the natural and cultural values of the park. Kayak and life jacket provided.

Admission: Free with park pass

Oak Bottom Marina, Whiskeytown National Recreation Area

Ranger-Led Standup Paddleboard Program

Friday-Monday, June 9 - September 3

Designed as an introduction to this popular sport, this free program will introduce the basics of standup paddleboarding. Paddleboards, paddles, and life jackets will be provided.

Admission: Free with park pass

Brandy Creek Beach, Whiskeytown National Recreation Area

Enjoy Movies in the Park

Every Friday, June 1 - August 17

Join us in our regional Redding parks for a movie night under the stars - remember to bring your blankets, lawn chairs or picnic baskets and enjoy this wholesome community activity.

Admission: Free

See EnjoyMoviesInTheParkRedding.com for more information.

The 54th Annual Whiskeytown Memorial Regatta

May 26

The Regatta is a two-day sailboat race which attracts sailors from all over California, Nevada, Oregon and Washington to compete. The Regatta hosts 60 boats or more annually.

See whiskeytownsailing.org for more information

Brandy Creek Marina, Whiskeytown National Recreation Area

Moonshine Trail Race

June 2

Come celebrate the full moon and summer approaching with a nighttime 3K, 5-mile & Half Marathon. The 3K & 5-mile races are uphill for the first half and downhill for the second half.

Admission: \$15-\$65

Brandy Creek Beach, Whiskeytown National Recreation Area

Taste of Redding

June 14

The annual Taste of Redding features more than 50 local restaurants, wineries, and breweries offering tasty samples.

Admission: \$35 advance/\$40 door

Redding City Hall, 777 Cypress Avenue, Redding, CA 96001

Sundial Splash

June 16

Join the Paddle Sport Community for a fun race and massive public float down the Sacramento River through the City of Redding.

Admission: \$20

Turtle Bay Boat Ramp, Redding, CA

Shasta District Fair

June 20-23

Featuring livestock exhibits, arts & crafts, carnival, live entertainment, and lots of vendors and concessionaires bringing fair-goers a dizzying array of souvenirs, food and drinks.

Admission: \$10

Shasta District Fair and Event Center, 1890 Briggs Street, Anderson, CA 96007

Freedom Festival

July 4

The Freedom Festival commemorates our nation's birthday. This is an all day event with food vendors, games, live entertainment, and the largest fireworks display in Northern California!

Admission: Free

Redding Civic Auditorium, 700 Auditorium Drive, Redding, CA 96001

Brit Floyd: The World's Greatest Pink Floyd Show

July 7

A Brit Floyd show really is as close as fans will get to experiencing the magnificence of a Pink Floyd Show live.

Admission: \$29.50-\$54.50

Redding Civic Auditorium, 700 Auditorium Drive, Redding, CA 96001

Lassen Volcanic National Park Dark Sky Festival

August 3-4

Join park rangers, astronomers, and astrobiologists in celebrating all that is out of this world during Lassen's Dark Sky Festival.

Special programs, presentations, hikes, and Junior Ranger Night Explorer activities will be offered during the festival.

Admission: Free with park pass

Lassen Volcanic National Park, 21820 Lassen National Park Highway, Mineral, CA 96063

For more events, go to VisitRedding.com/Event-Calendar

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FINAL Abandonment

People who grow up with fears around abandonment have various reactions and experiences, these fears throughout their lives plague some people; they worry peers, partners or loved ones reject them.

Many people don't experience these fears until they enter into a romantic relationship. Everyone experiences this fear sometimes most of us can relate to having heightened anxiety over thoughts of rejection. When people cannot overcome this fear, it will shape how they experience relationships in an unhealthy way. As children, people may experience loss that can cause them to feel insecure and be distrusting of others. Some trauma is obviously dramatic but can also be subtle. Early attachment patterns offer insight into fears around abandonment and rejection. Understanding how their parents related to them and whether they experienced a secure attachment versus an insecure one, can give people clues into how they view relationships in the present.

From infancy, people learn to behave in ways that will best get their needs met by their parents or caretakers. A parent who may at one moment be present and meeting the child's needs, then at another moment be entirely unavailable and rejecting

or, on the opposite end, intrusive and "emotionally hungry" can lead the child to form an ambivalent/anxious attachment pattern. An individual's early attachment history acts as a working model for how he/she expects relationships to work. They can rely heavily on their partner to validate their self-worth. Because they grew up insecure based on the inconsistent availability of their caregivers, they are "rejection-sensitive."

People often choose partners who fit with patterns from their past. For example, if they felt ignored as children, they may choose a partner who is self-centered or distant, often we find ways to recreate the emotional climate of our childhood. Sometimes an individual even provokes the other person in ways that influence their partner to pull back and create more distance. I have always felt that the divine purpose for relationships is the healing of hearts. Research shows us that it is not what happens to people that affects their relationships but how they make sense of and fully experience the pain they have been through that will determine how healthy they will be. One of the most effective ways for a person to develop secure attachment is by making sense of his/her story. When people make sense of and convey their story, they get to know their patterns and triggers, and they aren't as instinctively reactive in a relationship! They can start by understanding when they are triggered and why.

I will follow up next time with more strategies for becoming less fearful and more secure. JL



BY SUZANNE LUIS

Suzanne is a counselor at Redding's Transformation Center, she has a Lay Christian Counseling Certificate from Regent University, She is also licensed with the State of California as a Drug and Alcohol Counselor.

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BY KAREN NURSE

Karen Nurse – Transformational Coach/Author/Health & Wellness Trainer -CEO of KnX Journey to Oneness – Connecting the mind, body and soul through transformational coaching, physical fitness and spiritual healing by eradicating fear, false beliefs and negative self-talk. To be and help others live freely, animated and motivated by the Spirit within. Find her on Facebook @ <https://www.facebook.com/karen.nurse.10/> Instagram @ <https://www.instagram.com/kriceinme/>

Stepping out of NOWHERE into SOMEWHERE”

Let me tell you, FEAR is no joke! It can paralyze you and keep you from walking in your passion. You know that thing God destined you for? Although you see me now, a Bold, Firey published author, Health and Wellness Trainer, and Transformational Coach, walking hundreds of people into their God given calling, what you don’t know, is Fear held me hostage for years! Whispering lies to me like, “Karen, dreaming of marriage is a waste of time! Remember the last relationship you were in? Girl, you don’t need that mess in your life. Jesus is more than enough!” Or

“Girl, why are you stressing about what you eat, or how much you eat, you worry too much! Who says you’re going to die of cancer like your mother? Even if that does happen, you’re going to Heaven anyways so enjoy that gallon of ice cream that you’re eating.”

See, my bondage, laid in the fact that what I heard had some truth in it. Jesus is indeed enough, but I’m supposed to be “a good thing” to the husband who finds me. That means I should be desiring a husband, right? But, fear had me hiding behind Christ rather than being hidden in Christ. And yes, my ultimate destination is Heaven, someday, but not before my time. The reality was fear; negative self-talk and false beliefs had me stuck in the past and unable to dream of my future. Sound Familiar?

But, a new day dawned after attending a Lisa Nichols, Speak and Write conference. The room was electric with hope, expectation, and purpose! Lisa’s drive, determination and passion to see people succeed brought life. Almost three thousand, of us rode the waves of excitement, laughter was contagious, and tears flowed freely as we watched each other’s hopes come alive. We danced, sang and even groaned; screaming and chanting our way into breakthrough. We could feel the fire, the surge of energy sear our hearts as we cheered for, cried with, and held one another. Lies and crippling beliefs fell off us like shackles, while hopes and dreams were birthed again. It was life changing!

This conference was just one of the many facets that I used to cancel out the years of heartache, yo yo dieting, depression and “mistaken” identity. By connecting my mind, body and spirit through transformational coaching, physical fitness and spiritual healing, I was able to overcome fear and walk in my real identity in who God says I AM. Now my desire, my purpose my gift is to journey with others into the same truth. Who do you know who could use this transformation? JL



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Facing Fear

“Is It True and So What?”



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.

What did I fear? Unknowns!

When I get this rush of anxiety-fear-feeling, rising from the pit of my stomach I ask. “What is it about?”

I’d like to share a technique I learned when my husband was sick. I felt like I needed a better handle on how to deal with the anxiety and fear. It began to immobilize me in many ways. At the time, I wasn’t working so even the thought of getting a job and leaving Herb alone all day, sent me in to a full blown panic attack. There was no job on earth worth taking that would take me away from his side in the event he had something go awry with his lung disease.

Going to counseling was the best decision I made. I began seeing a Christian counselor who, rather than just listen to my woes, he gave me TOOLS to help sort my fears and ask myself the right questions.

He taught me to ask.

“What is it about?”

“Is it true?”

And, “If it is true, so what?”

In that lung cancer season of my life, I felt fear,

anxiety and near panic. I revisited my notes from those counseling sessions. Sometimes, I knew what I feared, other times I had to pray and ask God to reveal what is on my heart that is making me anxious.

I answered the “What is it about?” Then I ask, “Is what I fear possible?” “Is it probable?”

“What will happen if it comes about?”

Then I asked those three valuable words. “Is It True?”

My top fears as I waited to have surgery looked like this: **FEAR #1.** “What if I get sick after I wake up from surgery?” This thought causes me grand anxiety. So, what part of it causes such anxiety?

Do I think I’ll die from nausea? No!

Do I think I’ll never stop being nauseous? No!

So I ask, “Is it true?” No!

Then I ask, “So what?” If I throw up, what is the worst thing in the world that will happen?

I will be humiliated and embarrassed. That’s ALL? Kick that moment of anxiety to the curb! If it comes back, we go back to the questions. Keeping it in perspective is everything!

Going to counseling was the best decision I made.

FEAR #2. I have a very low heart rate. “What will happen if my heart stops during surgery?”
 “Is it possible?” Yes “Is it probable” NO! Do I think I will I die? NO! Do I think they won’t know what to do? NO!
 Is what I fear the truth? NO!
 Then, “SO WHAT?” What is the worst thing that will happen if my heart stops?
 The team of doctors will do whatever it takes to get it started again. I trust that with all my heart! No pun intended.
 The VERY worst is, I would die, and that would be unknown to me and I’d be with Jesus and Herb, my beloved late husband.

The next time you feel fear ask.

#1. What it is about?

#2. Is it True?

#3. So what if it happens?

Everything gets pulled into perspective and becomes extremely small in the bigger scheme of things.

What is the best way to tackle our fear?

The same way you eat an elephant, one bite at a time.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. **JL**

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BY SUSAN RHYNE

True joy is a deep, abiding contentment that exists even when life is hard, sorrow is overwhelming, or pain is great. Happiness often depends on external circumstances such as things, events or people. Each of us has a great capacity for joy and

where we find that joy varies as much as each of us as individuals does. It is where we gain internal satisfaction and energy to face life.

Harvard researcher Howard Gardner theorized that there are eight distinct "intelligences" that we possess as a way of knowing the world. His research was based on cognitive theory and learning. By expanding the theory, it is also possible that we each find our joy through recognizing and experiencing these intelligences. Very briefly, these are as follows:

1. Visual-spatial: think architects and astronomers. These people draw, create maps, create 3-D images.

2. Body-kinesthetics: think athletes, dancers, surgeons. High body consciousness, touch, and communicating through body language describe these people.

3. Musical. This pertains not only to composers, singers and musicians, but those aware of sounds in their environment and sensitivity to rhythms of life.

4. Interpersonal. Empathy, understanding, and interacting with others are hallmarks of people with this intelligence.

5. Intrapersonal. These people are in tune with their inner selves. Often they have wisdom, intuition, and confidence in self. They tend to enjoy solitude and quiet contemplation.

6. Linguistic. Love of spoken or written words distinguishes these people. They are may be novelists, poets, playwrights, and those who love to read.

7. Logical-mathematical. These are people who can think abstractly, see and explore patterns and relationships. They may be scientists, computer analysts, or detectives.

8. Naturalistic – Being in tune with nature, nurturing and exploring the environment are characteristics of this intelligence. These people may be natural scientists and those who enjoy gardening, camping and other outdoor activities.

I would even add a ninth intelligence – that of Spiritual. People who are sensitive to the spiritual world within and around us, or find their contentment in study of spiritual literature may have this characteristic.

So how does this relate to joy? We each find our contentment and energy through different means. Gardner's theory also explains that we often have more than one way of learning, and therefore more than one way of finding joy. My own tend to fall within the naturalistic and linguistic intelligence. I find joy

and renewing of my personal energy in gardening, reading and writing. I am also more of an interpersonal person who likes to be alone and quiet rather than with large groups of people.

So where do you find your joy? Seeking out and recognizing your intelligence may help you find that sense of renewal and contentment. Life is hard, things go wrong, others disappoint us. People and external factors change and affect our sense of happiness. But if we allow ourselves to have those times of internal fulfillment, we can grasp that joy, that deep inner contentment even in the midst of pain and sorrow. **JL**

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BY DAWN BULCHANDANI

Dawn Bulchandani has three Master's Degrees: Counseling, Religion, and Middle Eastern Cultures and Religions. She delights in whimsy; writing; championing nations; adventuring with her husband, Neel Bulchandani, D.C.; and watching her 20 month old daughter Serenity create. Dawn is the creator of, "Hello Islam," a ten lesson course on the basics of Islam for non-Muslims. (helloislam.com) She is also the author of, "Driving Through Walls: My Supernatural Journey of Hope." (amazon.com) You can find her via her author page on Facebook.



How You Can Get Unstuck from Pain

What have you been taught about pain? By your parents, your environment, and your own thinking? Do you avoid it at all costs? Even the cost of processing it and letting it go? Do you feel stuck when you think about pain you've experienced? Is this where your anger comes from? Your frustration over your

child's spilled drink? Your walls toward your husband when he doesn't do what you're expecting? Your self-condemnation when you fall short of your goal? Are you upset *about those incidents* or are you upset because you have an overstuffed warehouse of unresolved pain so, small triggers provoke large reactions?

Are you afraid to ask yourself these questions? Why?

I came across this quote recently: "Your wound is probably not your fault, but your healing is YOUR responsibility." (Michelle Danae)

I agree. With awareness, courage, and vision - I agree. Not merely for me, but for everyone. We often get stuck in cycles.

Some cycles are in our family lineage: generations committed to avoiding pain and thus, never healing their own pain, only to then pour that pain (in the form of abuse, manipulation, rage, passive aggression, denial etc.) over their kids, coworkers, spouses and so on. Then those people feel hurt, they act out of hurt, and unless some brave, counter-cultural soul is willing to step back, recognize the cycle, work through their own pain, and find healing and peace, the pain will perpetuate.

How do we end the cycle? How do we get free?

"Your wound is probably not your fault, but your healing is YOUR responsibility."
(Michelle Danae)

community. Perhaps the trauma you experienced is specific. Did it provoke an eating disorder? Cause you to be suicidal? Childhood emotional abuse? Domestic violence? Experiences in war?

There are kind, insightful counselors, psychologists and so forth, who spent years learning about trauma and assisting people in healing. If you don't know where to start, google what you're looking for! Search key words: "counselor, body image" or "PTSD, therapist" etc. If traditional "talk therapy" has not worked for you or it doesn't seem like a match for your needs, consider somatic therapy (body-centered therapy that involves the mind-body connection) or **EMDR** (Eye Movement Desensitization and Reprocessing) (treatment designed to alleviate the distress of traumatic memories).

A friend suffered the loss of a baby and 5 EMDR sessions were "life-changing" for her. She *and her family* live freer as a result.

You can be freer too. JL

1. Be brave. Prepare to be rejected, resisted, and reprimanded.

I was talking with two friends recently, both victims of childhood sexual abuse; and as we unpacked our journeys toward openness, brave communication, and our decisions to no longer "follow the rules" about stuffing pain, hiding trauma, or ignoring the elephant in the room, we saw more apparently how our environments, families, and culture at large RESENT our decision to speak up and enact change. If you want to get free from pain, you need to *resolve that FREEDOM and the end of the cycle will be worth the struggle.*

2. Know yourself. If you want to know what you need, you need to know yourself.

One of the most helpful tools I've found lately is the Enneagram. (Free assessment at www.exploreyourtype.com/details)

3. Find confidantes. Verbalize the anguish, grief, and hurt. Cry when necessary.

If you want to foster a culture of vulnerability, you have to be vulnerable. There is no way around that. Pain will rise up. Let it. Be candid with trusted ones. Be real in conversations with God. Allow them to recognize the injustice you experienced. Ask them to listen, encourage, comfort, and sit with you. Receive their love.

4. Get professional help. If you really want healing, pull out all the stops.

Everyone experiences trauma. Some may seem insignificant, but it still affects you. Some is severe, prolonged, and undeniably heart-rupturing. Both kinds warrant healing. Do not be ashamed about seeking help beyond your immediate

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SUMMER VEGGIE CROSTATA



BY JENNA INGEBRETSEN

Every summer, I hear the same thing from my gardening friends: “I have squash and zucchini coming out my ears - please take some!” If you find yourself with lots of these summer veggies, but are running out of ideas to prepare them, this rustic free-form pie will be a great addition to your family dinners.

Prep time:	15-20 minutes
Cook time:	30-35 minutes
Rest time:	10 minutes

INGREDIENTS

1 Pie dough (store bought, or your favorite pie crust recipe)
1 Tomato, sliced
1 Zucchini, sliced
1 Yellow squash, sliced
1/2 Red onion, sliced
3 oz Gruyere cheese, grated (or substitute another melty cheese)
1 Egg
4 tbsp Heavy cream (2% milk, if you're in a pinch)
2 Garlic cloves, pressed or minced
1 tbsp Rosemary and parsley, dried or fresh chopped

Salt and pepper to taste

Optional: mixed greens and a balsamic reduction.

DIRECTIONS

Preheat your oven to 400 degrees.

Bring your pie dough to room temperature on the counter, about 15 minutes. While it acclimates, rest your tomato sliced on a paper towel to pull some of the moisture out. Salt and pepper your sliced veggies lightly.

In a bowl, slowly whisk together your garlic, egg, 3 tbsp of the cream, and a pinch of salt and pepper. Reserve the remaining cream for later. After your wet mixture is combined, set aside.

Roll out your dough - a perfect circle is not

needed, crostatas are supposed to be rustic. Layer your onion, squash, tomato, and zucchini on the dough, being careful to leave a couple inches to wrap it together. Gently fold the edges up and pleat together, basting with a little of your reserved cream to help seal it together. Then pour your wet mixture into the middle, and season the top with salt and pepper. Cover the top generously with shredded cheese, and sprinkle your rosemary and parsley as a finishing touch.

Bake for 30-35 minutes on parchment paper - the crust will be crunchy and the top will be golden brown. Let cool for about 10 minutes. (Optional: To garnish as pictured, top with a large handful of mixed greens, or local microgreens, and drizzle with a balsamic reduction.) Slice into pie wedges and serve.

Recipe makes 4 servings. **JL**



BY CAROL WERTZ

Associate Professor at Simpson University with over 35 years in education and experience in teaching pre-K through adult, Carol has developed a wealth of experience and is ready for a new challenge in answering your educational questions. Please contact her at carolbwertz@gmail.com



Learning Moments

Picking the Right School for My Child

“I’m hearing a lot about charter schools these days. What is the difference between public, private, and charter schools?” **J.M.**

I understand your confusion. So many schools are popping up, and it’s hard to know the best one for your child. When did school become so confusing? Today we’ll highlight some of the differences and get a few tips on how to make a good choice.

PUBLIC:

These are the traditional schools most of us grew up attending and are free for all. The majority of the funding comes from the state, but there is also a portion from property taxes, other local sources and the federal government. Funding is based on a system called ADA (average daily attendance), and the money a school receives depends on how many students are present daily.

Public schools have to follow strict guidelines laid out by the state concerning site, teacher certification, curriculum, length of school year and school day, etc. Interdistrict transfers have become more common, which means that your child can attend a public school not located in the district where you live.

CHARTER:

California has approximately 800 charter schools, which are also public schools funded by ADA. Each one must be sponsored by a particular district. The founders initially write a “charter”, which is submitted to the state and addresses sixteen key elements. There is also a start-up grant, which the school can apply for to help with beginning costs, such as books, etc. The district has oversight but the charter school hires its own personnel, sets its own curriculum and schedule, decides such things as whether they will offer hot lunch, transportation, etc. and decides on a distinct focus. For example, in our area,

you can find schools that focus on science, bilingual education, STEM (science, technology, engineering and math), credit recovery, or partner with homeschoolers to offer a flexible schedule of classes. They are not subject to as many state regulations and have more flexibility than a traditional public school

Sometimes the charter school will rely on the district to supply such services as maintenance of the building and financial services, but often you will find them quite independent from their sponsoring district. Enrollment is based on a lottery system that takes place on a particular day in the spring, and a waiting list is established if your child’s name does not come up at that time.

Jason Provence, superintendent of the Cascade District in Anderson says, “My responsibility is to serve the children of our public and to make sure the authorization of the charter is based on value, principals, and expectations. I ensure we all work together to help our charter be successful.”

PRIVATE:

Private schools are funded mainly through tuition charged to the parents. Though they are not subject to state regulations such as curriculum, teacher qualifications or philosophy, they do follow state requirements regarding children’s safety. Many are affiliated with a church or denomination and accreditation is optional.

In choosing the best environment for your child, I would suggest visiting the school and sitting in some classrooms. Questions that you would want to ask would be concerning class size, schedule, special class offerings such as music and art, how the school is accredited, intervention procedures, vision for the future, homework philosophy, and how they celebrate and care for children. Ask questions about the curriculum that is used. It is also important to talk with other parents whose children attend that school.

Blessings to you as you make your decision. **JL**

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BY DR. CATLIN OSBORNE, DC

Dr. Catlin Osborne is a Palmer graduate and has been in practice for 15 years. She is Master Certified in Active Release and Graston techniques and is the owner of New Life Chiropractic near Trader Joe's. She lives in Redding with her 12-year-old daughter, raises pack goats and dairy goats and loves volleyball doubles, kayaking, backpacking and mountain biking.



Of all the subjects that come up in my practice, sleep is probably the most frequent: "Why can't I sleep?" "My body won't relax!" "How can I get my brain to STOP?!" "I just don't feel rested in the morning." "How can I get my child to sleep through the night?" "What I wouldn't give for ONE night's

good sleep!"

Although a great night's sleep may seem an elusive dream, it is an achievable and worthy goal—getting enough sleep is associated with health, longevity and optimal brain function. REM sleep eye movements actually "erase" the effects of emotional trauma during the day, and it is critical for us to have 3•4 phases of delta wave (deepest) sleep per night, which last

approximately 45 minutes, for proper healing and repair of body tissues, according to sleep therapy experts. Unfortunately many people resort to medications in an attempt to get quality sleep, which inevitably comes with a number of "side effects"•adverse results that are counterproductive to health and longevity, including: •mental impairment, attention problems, memory problems, daytime drowsiness

Even the recent trend of taking melatonin for sleep is problematic over the long term, since it downgrades the body's own production of melatonin. This can become a serious problem as we age, since sleep difficulty is even more common among the elderly. According to the National Sleep Foundation, it is a common misconception that sleep needs decline with age. In fact, as we age we are more likely to have changes in what sleep experts call "sleep architecture"—the patterns in

our sleep—such as "sleep latency" (increase in the time it takes to fall asleep), an overall decline in REM sleep, an increase in sleep fragmentation (waking during sleep), and sleep disorders, many of which are initiated by sleep disruptors such as blue light exposure from screen time, caffeine, alcohol, sugar and corn syrup, and, ironically, medications used to treat sleep disorders. These result in tiredness and mental "fog" during the day.

The good news•and there is good news—is that getting a great sleep can be as simple as following a checklist—setting yourself up for success by doing things that promote sleep separately but when working together are an even more powerful force to propel you into a deep, restful, and reparative state.

- ✓ get sunlight in the morning
- ✓ exercise daily so your body can rest deeply and produce endorphins, which lessen pain perception
- ✓ take magnesium/potassium, which many people are deficient in, so muscles can relax;
- ✓ supplement with valerian root/passiflora (note passiflora (passionflower) is contraindicated for pregnancy)
- ✓ "Let it go!" Eliminate stressors in your life and pursue healing (it turns out Elsa was onto something!)
- ✓ Eliminate sleep interruptions, solve issues of a snoring partner, set kids up for good sleep, dog/cats outside so they don't wake you, modify doors to close more quietly, have designated quiet hours with roommates.
- ✓ Routine helps adults too! Have a bedtime routine: epsom salt bath, lavender on feet, read a peaceful book for a few minutes
- ✓ Write down action items/review tomorrow's schedule and put them out of your mind
- ✓ Tryptophan•the no•negative•side•effects sleep supplement
- ✓ Hydrate well during the day but only slightly before bed (getting up to use the bathroom interrupts sleep)
- ✓ Pursuing a great night's sleep ALSO means avoiding things that hold you back from deep rest: avoid screen time for at least one hour before bed, two hours ideally, since melatonin production is like a dial, not a switch, and takes time to transition other alternatives are using a blue screen filter.
- ✓ Alcohol prevents great sleep! (contrary to what our grandparents thought)
- ✓ Coffee does not help you sleep (I know, I know, some of you think it does) ...because it makes you feel drowsy due to dehydration and decreased oxygen delivery, so it's a bit like the Matrix. What you think you see may be very different from reality; it actually prevents delta wave sleep.
- ✓ Don't eat too close to bedtime as a general rule (disrupts sleep) though once in a while may be ok.
- ✓ Address your deep sadness/heartbreak•divorce and loss makes sleep a painful experience. Both dreams/nightmares and the hurt of waking to find that heartbreak/sadness is still there•get help! Counseling and life coaching are excellent for this. St John's Wort from a

- ✓ good source helps with mood without medication.
 - ✓ Sam•E, available at Costco or Orchard Nutrition, is a mood regulator, is heart protective, and protects brain function.
 - ✓ My patients also report Formula 303 helps with mild sadness/anxiety, available from DeeCee Labs online.
 - ✓ For more serious depression, and information on medications, please see your medical doctor.
- Now to find an excellent pillow! JL

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BY CAROLE RODGERS

Small Potatoes

“A cheerful heart has a continual feast.”

We’ve been friends for almost 50 years and more than friends – sisters and co-laborers together in the Lord. And, together, along with our families, we’ve hiked the mountains, planted and harvested bountiful gardens and then spent hours toiling away in the kitchen canning. The Lord has united our hearts not only in ministry, but in worship, as well. We’ve shed tears together – with and for one another – and, at other times – cheerfully celebrated the joys of our lives, all in the name of Jesus.

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And then one day it happened. We found ourselves sitting in the “Next to Heaven” Sunday School classroom with a group of wonderfully sweet and loving seniors. The class hadn’t yet started and in the midst of all the loving chatter and laughter, I looked at her from across the table and said, “I can’t believe you’re 84 years old.”

She, looking back and smiling replied, “Well, how old are you?”

“75,” I answered, returning the smile.

And without so much as a warning she exclaimed, “What happened?!!! That did it – we both broke out into spontaneous laughter and we laughed and laughed. And that’s the way it’s always been with us and should be as we older folks approach our winter years. It’s only natural we would ask ourselves – and others – “What happened?” When did this happen?

Well, as best we can figure it, it slipped up on our blind side. First it was our heart attacks. A few years later our memories began slipping. Then it was the hearing, not to mention cataracts. We’re still able to drive, praise the Lord, and be responsible for ourselves, but who knows? O, we know, at least we have a good idea; but we long ago came to the conclusion that if we could just learn to laugh at ourselves (and at one another – always in love, of course), our chances of life being richer and sweeter were going to be much greater. And it’s proving to be true.

No, life isn’t always easy as we age, but the load can be lightened if we will but travel the road together – laughing, loving and supporting one another and, especially, ever looking to the Lord. “There is an appointed time to weep, and a time to laugh.” Don’t hold back – feast upon the laughter. The tears will come soon enough and, when they do, let’s count on being

ready and willing to “catch them in our bottles” while offering loving comfort.

My friend and I are holding fast to the words “We’re not giving up. How could we? Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without His unfolding grace. These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us. There’s far more here than meets the eye. The things we see now are here today, gone tomorrow. But the things we can’t see now will last forever.” Talk about JOYFUL LIVING!!! JL



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BY AMANDA WALL



A VICTORIOUS JOURNEY

Although I have lived in sobriety for almost two years now, I struggled with drug addictions, codependency, and abandonment issues. I used drugs to stop the pain I was feeling inside by numbing my emotions with drugs, drinking, and self-destructive behaviors.

I grew up in a family of functioning alcoholics. My home did not feel safe...the alcohol my parents consumed made them emotionally distant and fueled the anger in our home. At 10 I was still sleeping with the light on, yelling for my mom each night but she had stopped responding to my crying long before.

At 12, having full access to the alcohol cupboard, I took up drinking like the rest of the family and this worked to cover up the pain of trauma I was walking through. At 17 I met a handsome, fresh out of prison, guy who introduced me to meth. For the next two years I was punched, chased down like an animal, handcuffed to a metal bed frame, threatened with a loaded shotgun, and held captive in a motel room. I couldn't leave because of the fragile mental state I was in. The drugs and domestic violence had me in bondage and I had absolutely no self-worth to speak of.

In the fall of 2015 I was the mother of 3, struggling with post-partum depression and on a mix of illegal drugs. I was homeless and my son was 4 months old and sick. I was accepted into the New Life program at the Mission in Redding but I had the great idea to bring my stash with me. That ended with my kids in foster care.

In June of 2016, I was accepted into a faith-based treatment

program and I really started to see the desperate state I was in. I began to read the Bible and listen to worship music. I gave birth to another child, but because of my past she was taken from me. I was angry, devastated, and completely stripped of control. Jesus then carried me because I could not stand. I was confused about everything but stayed in constant prayer. I thought I was doing things right and still getting punished. But God was moving in me.

I started volunteering at a church and they liked me so much they hired me! I now have all 4 of my kids and we moved into our own place. In June I was encouraged to take one of Shasta Thrive's "Future Story" workshops which gave me a wonderful sense of community. They all showed compassion for what I was going through and an interest in each other's lives which was very powerful for me. I learned financial skills and goal setting. I was able to set and attain multiple goals through Future Story. I even started my own business! Prayer partnered with goal setting is my new favorite tool! I am now capable of controlling the direction of my life and am able to overcome life's barriers.

If you would like a better "future story", sign up for this free program by calling them at (530)365-6183 or online at Shastathrive.org/futurestory for the next Future Story Workshop. This program is free and they are ready to help inspire you to change your life!

If you love Jesus, love people, and would like to train to become a Future Story Mentor, contact them at shastathrive@gmail.com or call us at 530-365-6183. JL



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