



Perhaps-Today NEWS

Perhaps Today Ministries

January 2016
Edition

LOOKING BACK ON 2015

By Pastor Cheryl Ciambotti, CRS

As I look back on the year 2015, Perhaps Today Ministries International has done amazing work with the community. Everything we do cannot possibly be written here but amazingly there have been powerful changes, comfort and healing in dozens of families from Lancaster to Chambersburg! I was able to work with nearly 70 people and had given an average of \$2,500 in donated counseling services each month.

Some of the highlights for 2015 include:

- Being able to offer benevolence funds to a man who had been robbed at gun point and his bank account emptied
- Offering financial help to a family in desperate need
- Financially helping a business stay afloat through the holidays because of customer default payments
- Couples deciding to not get divorced
- Wives, husbands, children and parents finding peace in the storm with addicted loved ones
- A wedding

This is the very essence of Perhaps Today Ministries. I want to help whether it be with counseling services or education or financial needs. This year I was also privileged to

connect with one of the local networking groups that was willing to donate the leftover food, that would otherwise be discarded from their luncheon, and give it to needy families. Thank you Mechanicsburg Business Women's Networking group for your generosity and in helping those desperate and hungry families this year.

Since our advertisement for help, I've made several new contacts that will begin to soon aid with the social media sites, event planning and writing and editing for our newsletter. I continue to be a part of several networking groups to provide numerous sources for referrals and avenues such as job opportunities and professional services that the clients might be in need of. I was also honored to speak at the West Shore Rotary Club, the United Methodist women's group and several networking meetings this year. The more I speak the more people become aware of the valuable services PTM offers.

PTM did have a few very successful campaigns this year with an Every Door Direct Mailer and our Boscov's Friends Helping Friends campaign. However, we did need to cancel our Annual Fall Fundraiser in October but have had great success with our Christmas end-of-the-year mailer. Next year we're planning something big! I endeavor to reach more families that are in need and partner with other

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Looking Back (Cont.)

non-profits to increase the availability of all our services. My heart is to serve and to do it with excellence. One of my greatest honors this year was to be nominated for Non-Profit of the year and the Gia Glinatsis Care to Share award, winning the former. I am dedicated to working with the disadvantaged, hurting and those in great need.

PTM is now in its sixth year and it continues to thrive! I have appreciated everyone's support and help. Whether you be a volunteer staff

person, a board member or donor, on behalf of all of the people you have helped I thank you from the bottom of my heart.

It is my hope and the hope of all the staff and the board members here at Perhaps Today Ministries that you will have a prosperous and productive, peaceful and positive New Year in 2016!

Together let's reach the lost and those who need God's love!



By: Laura L.W. Horan

Christmas Day – the day we celebrate the birth of our great Redeemer. Christmas celebrations around the world are unique and interesting, rich in tradition and ceremony. In parts of the Western world, you will find references to the Twelve Days of Christmas and Three Kings Day which are celebrated in much of Europe.

The Twelve Days of Christmas, also known as Twelfth Night, begins on December 25th with the celebration of Christ's birth. Other religious events are celebrated each day leading up to the Eve of January 6th. Each of the twelve days is said to commemorate a notable person or an event.

DAY 1: December 25th – The celebration of Jesus' birthday

DAY 2: December 26th – St. Stephen's Day (the first Christian martyr) and Boxing Day

DAY 3: December 27th – St. John the Apostle, one of Jesus' disciples

DAY 4: December 28th – The Feast of the Holy Innocents, the remembrance of the baby boys King Herod commanded to be killed during his search for the newborn Christ (Matthew 2:16-17)

DAY 5: December 29th – St. Thomas Becket, murdered for challenging the king's authority over the church

DAY 6: December 30th – St. Egwin of Worcester

DAY 7: December 31st – New Year's Eve

DAY 8: January 1st – New Year's Day and remembrance of Mary, the mother of Jesus

DAY 9: January 2nd – St. Basil the Great and St. Gregory Nazianzen (or St. Gregory of Nazianzus)

DAY 10: January 3rd – Feast of the Holy Name of Jesus

DAY 11: January 4th – St. Elizabeth Ann Seton

DAY 12: January 5th – Epiphany Eve, the Twelfth Night

The Feast of the Epiphany occurs each January 6th and marks the end of the Twelve Days of Christmas.



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Christmas Continues (cont.)

Also known as Three Kings Day, the Epiphany celebrates the revelation of God in human form to the three magi, or three kings, who visited baby Jesus (Matthew 2:1-12, the three wise men). Often holding positions as priests, scholars, and astronomers, the magi were men of wealth, status and integrity. These men were students of history and prophecy, so when they studied the heavens and saw the Star of Bethlehem, these educated men knew what it represented.

LEGEND HAS IT THAT THE NAMES OF THOSE THREE FAMOUS KINGS WERE:

MELCHIOR, King of Arabia, who brought a gift of gold,

GASPAR (Casper, Kasper), King of Sheba, bearing Frankincense (a costly incense or perfume), and

BALTHAZAR, King of Tarse and Egypt, who brought myrrh (an oil used as incense and medicine)

Each gift had a significant representation in Jesus' life. Gold, associated with kings, was given to recognize Him as King of Kings. Frankincense was an anointing oil used in worship and a fragrant offering given to the Lord, which Jesus would one day fulfil in human form. Used as an embalming fluid and as a sweet smelling distraction from the odor of the body's decay, myrrh was a gift symbolic of Jesus' death (though He would rise again in 3 days).

Though the Twelve Days of Christmas and Three Kings Day may differ from our usual Christmas traditions, they are beautiful and significant celebrations meant to honor and remember our Savior – His birth, His life, His death, and His resurrection. Regardless of how or when we celebrate, may we show His love to others this Christmas season.



LOVE
Fruit of
the Spirit

evidence that God is at work in your life

By: Sherry Myers

Over the next several months we will be looking at the fruits of the Spirit listed in Galatians 5:22-23. We will take a close look at one fruit each month. First, let's take a look at what Galatians 5:22-23 has to say: "22But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23gentleness and self-control. Against such things there is no law." There are a total of nine fruits listed in this scripture. The number "9" is used 49 times in the scripture and symbolizes divine completeness or conveys the meaning of finality. Perhaps when we master walking in these fruits we will be closer to a wholeness of being.

The first fruit listed is "love." Love in this scripture comes from the Greek word "Agape" meaning: 1) brotherly love, affection, good will,

benevolence and 2) love feasts. The strong feel for this word is unity and good will for others. The "Love feasts" was used for certain religious meals among early Christians that seem to have been originally related to the Eucharist. In modern times it relates to a Christian ritual meal. The Eucharist is also called Holy Communion or The Lord's Supper. The interesting thought here is that we are walking in love when we take communion.

Most of us understand that we need to walk in love towards each other. This is a feat easier said than done. There is no disclaimer that gives the o.k. to walk in anger or hatred when we have been wronged. There are many instances that can lead us to build walls or react incorrectly.

If we look at the scripture just before the fruits, it lists the fruits of the flesh. The opposite of



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Fruit of the Spirit (Cont.)

love is hatred and is listed as one of the fruits of the flesh. The Greek word for hatred is Echthra and means: 1) enmity and 2) cause of enmity. Enmity is a state or feeling of being actively opposed or hostile to something or someone. This is a fruit that we are called not to walk in. One big warning at the end of the fruits of the flesh is that those who live like this will not inherit the kingdom of God.

If hatred has the potential to take the kingdom of God from us, it behooves us to lay down

any negative emotions and kill them at the root before they become a toxic poison to us. We must choose to walk in love and unity with our brothers and sisters and choose life.

If you are struggling with emotions and need help and guidance to move into the freedom that God wants for your life, please contact Cheryl with Perhaps Today Ministries at www.Perhaps-Today.com.



By Kirk Brechbiel

Even in the best of times, older adults are at risk of nutritional deficits due to many factors, including loss of appetite, problems chewing or swallowing, or a need to reduce fat and sugar with certain chronic conditions. Now with the winter months upon us, colds, flu and risk of injuries are at their highest. The nutritional needs of older adults are at an increased risk of suffering. Here are some tips for better nutrition for older adults:

Increase vegetables and fruits. The fiber, vitamins, and enzymes present in fresh plants is the best choice for all of us. Steaming the vegetables so that they are softer for those with dental issues is easy to do.

Go for the grain. When making decisions about which breads to choose, always go for one higher in whole grains.

Stay hydrated. It is important for all bodily processes to drink fluids throughout the day.

Make lunch the big meal of the day. We all actually need more calories earlier in the day. Often by dinner, many older adults are too tired to finish meals.

Don't skip meals. Skipping a meal usually makes someone eat more at the following meal and can drop blood sugars causing dizziness. If not hungry, it is better to eat a little than to skip.

Eat small meals more often. It is better for most older adults to eat 5-6 small meals a day. This reduces the highs and lows of insulin levels, and encourages more calorie intake for those who have lost their appetites.

Eat with your loved one. No one likes to eat alone.

Don't rush. It is especially important for digestion to eat slowly.

By following these tips all winter, you will be ready and energized for those spring chores.

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