



# Perhaps-Today NEWS

Perhaps Today Ministries

MAY  
EDITION

## The Story of Anna Jarvis: The Founder of Mother's Day

By Cindy Eslinger

Each year, on the second Sunday of May, we celebrate our mothers... both those who are living and those who have passed. But, do you know how this day came to be such a widely celebrated holiday for America, and that the founder was never a mother herself?

Anna Jarvis was born in Webster, Taylor County, West Virginia, on May 1, 1864. She was the ninth of eleven children born to Ann Marie and Granville Jarvis. The origin of Mother's Day is attributed to the determination of Anna Jarvis to honor her mother and all of the mothers of the world. She's been given the honorary title of "Mother of Mother's Day" though she never became a mother herself.



At the age of 12, Anna's mother ended a class with a prayer called "Mothers of the Bible." The prayer went as follows: "I hope that someone, sometime will found a memorial mother's day commemorating her for the matchless service she renders to humanity in every field of life. She is entitled to it."

From that point on, Anna's mission in life was to ensure that all of America honored their



mothers once a year. In 1907, she campaigned aggressively, along with many of her followers, to establish a National Mother's Day by writing letters to all of those holding positions of power to voice their strong opinion. As a very affluent speaker, she used every available platform to push her cause. Eventually she gained the support of businessman and philanthropist John Wannamaker, of Philadelphia. With his influence behind her, in 1909 forty-five states adopted the special day for mothers. By 1911, Mother's Day was celebrated by almost every state in the Union. In 1914, President Woodrow Wilson made the second Sunday of May the official holiday for moms.

As Christians, we are commanded to honor our mothers. In Exodus 20:12, Moses wrote, "Honor your father and mother. Then you will live a long, full life in the land the LORD your God will give you." At the end of His time on earth, Jesus committed His own mother to the care of John, one of Jesus' apostles. God places importance on motherhood, and Anna's efforts succeeded in making Mother's Day a nationally recognized holiday.

May we all spend this coming Mother's Day celebrating all of the wonderful mothers in our lives!

### INSIDE THIS ISSUE:

- The Story of Anna Jarvis
- Perhaps Today Facts-n-Findings
- What's the Value of a Penny?
- Mother's Day Grilled Chicken Salad
- Managing Automatic Negative Thoughts
- Your Best Mother's Day
- The Art of Aging Happily



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*Did you know  
 the number 8  
 stands for new  
 beginnings?*



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## Perhaps Today Facts-n-Findings:

### Interesting Biblical facts about the number 8

By Cheryl Ciambotti

Interesting Biblical facts about the number 8:

8 stand's for new beginnings. Here are a few, but certainly not all.

- New beginning- Noah and 8 people leave the ark.
- New beginning- The first high priest consecrated in Leviticus 8.
- New beginning- The priest in the tabernacle has to stay inside for seven days and is allowed out on the 8th day.
- New beginning- Jesse's son David was anointed of God to be King over Israel. He was the 8th son.
- Transfiguration was on the 8th day after Jesus spoke about the coming Kingdom to them (Luke 9).

- Thomas touched Jesus 8 days after the resurrection. New faith!
- The meaning of the name "Jesus" in Hebrew is salvation or new birth.
- God spoke to Abraham on 8 occasions. \e was the beginning of a new people and a new covenant.

A few other amazing 8's....

- Jewish boys are circumcised on the 8th day. This day the body produces the greatest amount of Vitamin K which aids healing. After that it decreases in the body.
- When you use numerical values in the Greek language for the letters in Jesus' name they equal 888.

Next time you see an 8 in the Word of God... think New Beginnings!

## What's the Value of a Penny?

By Sherry Myers

If you saw a ten-dollar bill on the ground, would you pick it up? How about a five-dollar bill or a one-dollar bill? More than likely, you would. How about change? Would you pick up a quarter, dime, or nickel? You probably still would. Now, let's think about the lowest form of change. Would you pick up a penny if you saw it on the ground? A few might, but most would find it unworthy of their effort to stoop down and claim the coin.

If you think about it though, those pennies add up to the nickel, dime, and quarter we would pick up. If we added up a lifetime's worth of overlooked pennies, just imagine what the sum might be!

The same way that we can overlook the value of a penny, we can overlook the value of others. Sometimes, we look at someone who isn't what we think of as lovely, smart, or talented, and we overlook them as unworthy of the time we might invest in getting to know them. It's easy to pass by a person who is homeless or struggling with an addiction and just keep walking, seeing them as less than human. Perhaps we consider them a blemish on society. I believe one day God will show us all of the treasures that were hidden in some people whom we never saw. What if the addict

gets freed and has the anointing to help others? What if the homeless person is released into ministry to serve other people in the same situation?



We need to use wisdom with others and act when we feel led to do something. Maybe God will put it on our hearts to give someone a few dollars, to say "God bless you," or to pray for someone. A smile doesn't cost anything and rarely causes an adverse reaction. Feel free to give them away! Taking the time to see the value in one person could literally affect many other lives – including yours.

The next time you are walking down the street and see a penny, pick it up. Consider its value – its worth – and let it remind you to see the value in others.



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**Did you know  
the founder of  
Mother's Day  
was never a  
mother herself!**  
Read "The story  
of Anna Jarvis"



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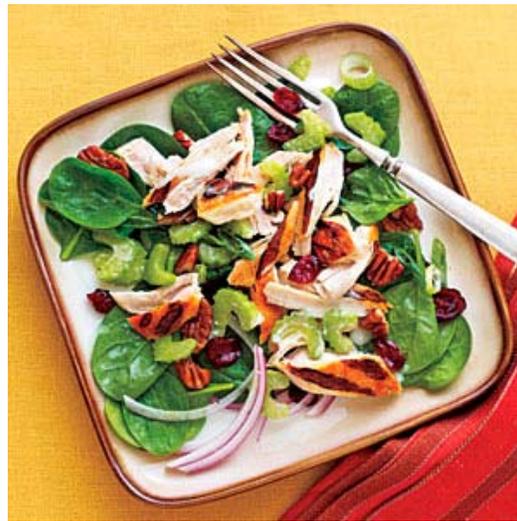
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## Mother's Day Grilled Chicken Salad

Light, refreshing, and easy enough even dad can do it! Warm up that grill and get the salad flying!! This juicy chicken dish is sure to please mom and ALL the family!



### Yield:

4 servings (serving size: 1 1/4 cups)  
Calories 391  
Fat 22 g  
Protein 36.1 g  
Carbohydrate 11.5 g  
Fiber 1.8 g

### Ingredients:

4 (6oz) skinless boneless chicken breast halves  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
3 tablespoons light sour cream  
3 tablespoons canola mayonnaise  
2 teaspoons fresh lemon juice  
Cooking spray  
1/3 cup finely chopped celery  
1/3 cup sweetened dried cranberries  
1/4 cup chopped pecans, toasted  
3 green onions, thinly sliced

### Preparation:

1. Preheat grill to medium-high heat.
2. Sprinkle chicken with salt and pepper.
3. Mix sour cream, mayonnaise and lemon juice and brush both sides of chicken evenly.
4. Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until done. Let stand 10 minutes; shred. Place chicken in a large bowl. Add celery, cranberries, pecans and onions; toss.
5. Use your favorite lite vinaigrette dressing or use this easy blend of ingredients to create your own delicious dressing.

1 Tbsp of Balsamic Vinegar  
1 Tbsp of Olive Oil  
1/4 tsp of Cracked Black Pepper

## Managing Automatic Negative Thoughts: How the Body Reacts

By Sherry Myers

This month we are looking at Step #4 in the series on step-by-step thinking principles used by Daniel G. Amen, MD in his article on ANT THERAPY (eradicating Automatic Negative Thoughts (ANTS)).

**Step# 4:** Your body reacts to every thought you have.

Polygraphs show us this. When the administrator of a lie detector test asks a person questions, the subject's body reacts differently to guilt and innocence. If the person has done the thing they're being asked about, their heart rate increases and their palms become sweaty. If the person did not commit the act they're being questioned about, their heart rate and

breathing slow as their hands become warmer. Stress increases health risk, but peace and relaxation reduce health risk.

Learning to recognize your stress triggers can be beneficial. Knowing your triggers can help you to reduce their frequency or make a plan to avoid or lessen the impact that they have on you. For example: A working mother who feels overwhelmed with the responsibilities of working, raising a child, and managing her household may find it beneficial to ask a friend or relatives for help. Planning "me time" while a trustworthy friend babysits can give you peace of mind while you rest, shop, go for a run, or have dinner with friends. It's important to give yourself an hour or an afternoon to remember who you are – without the other titles



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Have a joyous  
Mother's Day!!



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## Managing ANT (cont.)

in your life, such as boss/employee, wife, and mother.

A man working to provide for his growing family may stress about the financial responsibility coupled with all of the things he needs to do around the house or with the landscaping. Making budget cuts can allow the family to live within their means, or hiring a lawn care service can help to alleviate his stress.

Having a positive attitude can also help to combat stress. Incorporating more time into your schedule for enjoyable activities and surrounding yourself with positive people are both ways to capture and sustain personal positivity. Eat well, make sure you get enough rest, spend time with friends (or alone, if that recharges you), "date" your spouse... And don't forget to exercise which helps the brain to function and releases endorphins – making you feel like you can do anything!

You have more control over your body and health than you realize. When you take control of your environment and activities, you are actually taking control of your thoughts and your body's reaction to them.



## Your Best Mother's Day

By Tom Dardick

Mother's Day is rightfully prominent – Mothers deserve celebration, praise, and appreciation for the sacrifices they make for their children. But, like the Hallmark holidays, does it ever seem a bit commercialized to you? Most people love their mothers; but, does it have to be a profit deal?



Maybe that's a little cynical. So let me ask you moms – "What you think about Mother's Day?" Do you look forward to it? Is your relationship with your children all that you want it to be?

If you have little kids, your answer may be a quick "Yes." But, what if you have teenagers or

adult children? Do you wish you were closer to them? Could Mother's Day be better?

Now, I'm not a mom – but I have one. I'm also married to one and I know many others. I've noticed that the transition of their children to adulthood is not easy for a mom. She will always remember her baby – the one who saw her as their entire world. To a mother, the process of a child gaining their independence can feel like the slow (or too rapid) loss of something precious.

And it is. But each mother is also gaining something. It is then that you gain the opportunity to have the best Mother's Days. It starts with desiring a successful adult relationship with your children. Look not at what you no longer have. Instead, look ahead and consider experiences you can have with your adult child which weren't possible when they were younger.

Your relationship thrives as you help your child continue to grow. In adulthood, children grow by expanding their circle of concern. They stop



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**Save the Date:**  
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**Fundraiser**  
**coming soon!**



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## Your Best Mother's Day (cont.)

focusing on what they personally have or don't have, and they turn their attention to helping others. It might mean their spouse or, if you're lucky, your grandchildren. It may mean that they become involved in a church family or their community. Their work may bring them to faraway unknown-to-you places. But, you can help them grow by teaching them to nurture those around them - helping them to be better moms or dads themselves.

Maybe the best way to strengthen your relationship with your children is by continuing to grow yourself. You want respect? Be respectable! This means learning and growing; trying new things - maybe even with them. It could mean standing for something. This helps them continue to see you as a role model.

If you're like my mom, the best thing you can get on Mother's Day is family time together. That really is the stuff on which relationships are built - shared experience. If you want to experience your best Mother's Day, try to get together with an agenda that has some eye toward what your kids would most enjoy. If they're outdoorsy types - go on a picnic. If they're movie buffs - watch one together. If they like games, plan to play some together. Do something out of the ordinary. Something unexpected. This is what makes a day memorable, builds experience, and nourishes relationships.

May every day be your best Mother's Day!

## The Art of Aging Happily

By Kirk Brechbiel

Aging is not something society tends to view in a particularly positive way most of the time; however, aging is a process to be celebrated as much as any other period in the full cycle of life. Below are a few insights to consider in practicing the art of aging happily.



Don't conform to age stereotypes. If you enjoy something, get out and do it. If health problems interfere, find ways to work around them and still get into the things that matter to you. Look at your future and plan for it actively. Socialize with young people as well as people in your age group to broaden your perspective and activity level.

Practice these principles of health. Treasure the health you have now and give it a boost by making sure that you stick to these principles:

- **Healthy eating.** You only have one body—respect it. As the cornerstone of your diet, focus on fresh fruits and vegetables, lean meats, and whole grains. Quit unhealthy

habits such as smoking, excessive drinking, and over-eating.

- **Be active.** There are plenty of sports ideal for the older body, and many of these can also involve being around other people (and beautiful scenery if you choose your exercising location well). Try sports like walking, yoga, and aqua aerobics to maintain an optimal fitness level.
- **Practice a positive mindset.** The healthiest older populations are those that live a contented, stress-free lifestyle. Being positive and grateful for what we have in our lives is a practice that can improve both your physical and mental health.
- **Learn to meditate/pray.** If you're not already meditating/praying, consider taking it up. It has been proven to be an amazing way to calm the mind and keep the body healthy.
- **Read a spiritual or uplifting book for an hour each day.** There are many good books that can inspire you regardless of whether or not you consider yourself religious or spiritual. Reading exercises the mind and imagination, and reading things that are positive elevates our mood to offset some of the cares and concerns that come with everyday life.

- **Do positive things for others.** This can be a period in your life when you have the time and opportunity to give back



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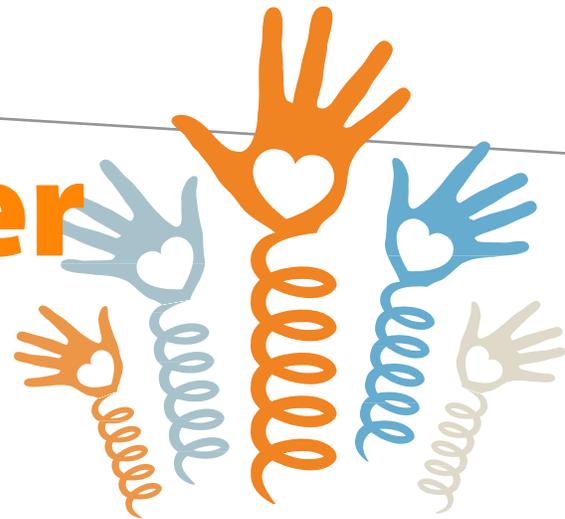
## The Art of Aging Happily (cont.)

- to others. Volunteering in any capacity where you feel you can make a difference can allow you to pass on your experience, knowledge, and skills to others.
- **Cultivate a hobby.** Pursuing a hobby or activity that you love is an excellent way to remain fulfilled and express your creativity.
- **Spend time with friends.** Whether through spiritual or social organizations, volunteer work, or other common activities, make friends and be social! Isolation is one of the key factors in depression for seniors, so make sure you seek out like-minded companionship.
- **Love an animal.** The love, comfort, and connection a pet can offer is especially important for aging adults who may begin to have limited mobility. A pet can offset the lessening of social interaction and the feelings of being isolated at home.

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

# Volunteer Needed:

## Secretary/Manager



**Someone who has a passion for ministry and wants to use their talents and gifts to open doors so Perhaps Today Ministries can help more people.**

Someone to help assist in the day to day secretarial duties, manage bookkeeping, organizing and filing, small errands, compile information, typing, writing letters and mailing them, creating surveys and occasionally attending meetings. Hours are flexible.

### **Requirements:**

- Must be well organized
- Should have some managerial skills
- Will need a car to run small errands
- Must be flexible
- Must have good writing skills
- Should have knowledge of Windows 7, Microsoft Word and Excel
- Should have knowledge of Facebook and Twitter
- Must be reliable, trustworthy and have good references



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Save  
the  
Date

October 16<sup>TH</sup> 2015  
PTM Fall Fundraiser at

SUSQUEHANNA  
CLUB

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Save the date for our Fall Fundraiser to benefit those in our communities that are disadvantaged, hurting or in great need.

**October 16<sup>TH</sup>, 2015**

The event will be held at the Susquehanna Club in New Cumberland.

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We hope you can make it out to the event. Contact us for more info.



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