



Perhaps-Today NEWS

Perhaps Today Ministries

APRIL
EDITION

The Origin of Easter

By Sherry Myers

Sit down, snuggle in, and I'll tell you the true story of Easter. Once upon a time, in a land far away, there was a man named Nimrod who broke away from the beliefs of his great grandfather, Noah, and walked in rebellion. He decided that he would stir up the people in his cities. His wife was Queen Ishtar ("Easter") and, when Nimrod (some people later called him Baal) died, she continued in his evil leading of the people. After her husband's death, Easter had an illegitimate son whom she claimed was a reincarnation of Nimrod. She named him Tammuz. All the people of the land worshipped both Tammuz and Easter. Tammuz was worshiped as the sun god and Easter was worshipped as the fertility god. Tammuz was killed by a wild boar and the story began that each year he resurrected in the spring. Babel was one of the cities of Nimrod and it is the root city of most evil pagan rituals today.

In the spring, the people celebrated the fertility god. The bunny originally represented a sexual symbol of fertility and the egg was part of a Babylonian fable in which a huge egg fell from the sky and the Goddess Astarte/Easter was hatched from it. The egg was also a symbol of fertility. Originally, festivals of Easter were held in the spring worshipping the sun god and the symbols were tied to fertility.

In America, the puritans did not originally feel that they could celebrate Easter as it was not a celebration or feast that was a biblically appointed one. Eventually Christians did adopt the holiday as a Christian holiday. They stained eggs red representing the blood of Jesus and later eggs represented the empty tomb. Some churches still do not celebrate an Easter holiday involving eggs and bunnies and candies.



Whatever your holiday tradition is, it is always good to understand the roots of the holiday. Keeping Christ at the center of all you do, not losing focus, and remembering not to get caught up with commercialism should always be the first and foremost thoughts in our hearts and minds throughout the holidays and every day. Find the story of Easter at: ChristianAnswers.Net.

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Perhaps Today Facts-n-Findings

By Cheryl Ciambotti

April is the month where we jest about the fool. The wisest man who ever lived, Solomon, says, "The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction." Proverbs 1:7 Let me show you a Biblical breakdown of the words Wisdom, Knowledge and Understanding.

All 3 found together= 9 times

Knowledge and Understanding together = 20 times

Wisdom and Knowledge together = 32 times

Wisdom and Understanding together = 53 times



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Mail:

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*Enjoy a blessed
and Happy Easter!
He is risen!!*



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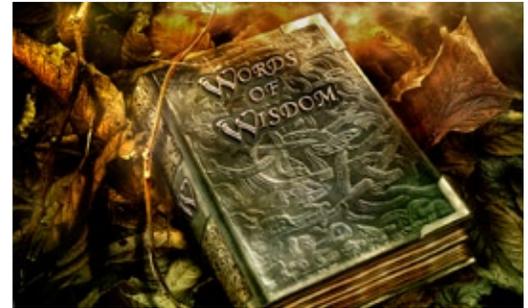
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Web:
www.possible-today.com

Perhaps Today Facts-n-Findings (cont.)

Do you see a theme here? All of these are important concepts to be heeded and sought after. Remember the fool despises wisdom and instruction. I challenge youare you a fool or are you wise??

Don't be a fool this April! If you've never done it, start reading your Bible for a greater understanding. PTM can help you. Make an appointment today!



Redaction to last months Facts-n-Findings



Correction: The Old Testament is given to tell us about a coming Savior and the New Testament is to tell us when he came. (The old and new were switched in the original article.)

The Value of Wisdom

By Cindy Eslinger

Did you ever wonder how April 1st became known as April Fool's day? Well look no further! We were wondering too, so we did a little digging... You won't believe what we found!

According to online sources including Snopes and Wikipedia, there are several theories as to how April 1st became known as April Fools' Day.

Legend has it that, when the Western World employed the Julian calendar, March 25th was the beginning of the year and, since Holy Week started on March 25th, the beginning of the year was celebrated on April 1st. When the Gregorian calendar was adopted in the 1500s, the first of the year became January 1st. Because communication was so difficult in those days, many people never knew about the change in calendars and those that were discovered to be still celebrating the beginning of the New Year on April 1st were called April fools.

Whatever the reason for April Fool's day, no one wants to be referred to as a fool. Solomon of the Bible was considered the wisest man that ever lived. He left us a legacy of written books

explaining the importance of gaining wisdom. Under the inspiration of the Holy Spirit in the books of Proverbs, Ecclesiastes, and Song of Solomon, he gives us practical guidelines for life.



He teaches in Proverbs 1:7 that, "The fear (reverence) of the Lord is the beginning of knowledge, but fools despise wisdom and discipline." Then in Proverbs 9:10 it says, "The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding." If we believe those verses to



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**Easter Holiday,
 where did it come
 from? Read "The
 Origin of Easter"
 to find out!!**



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The Value of Wisdom (cont.)

be true, then it's important to first trust God with our lives and to acknowledge Him as our Lord and Savior. Seeking wisdom is a lifelong process. Surrounding yourself with godly people, engaging in daily prayer, and reading God's Word will strengthen your character and provide a firm foundation on which to build your life.

Ralph Waldo Emerson is thought to have said, "The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

Perhaps Today Ministries may be able to help as you seek God's will for your life. It's never too late to learn.

Carrot Soup

Ingredients:

2 Tbsp canola oil
 4 cups carrots, trimmed and sliced
 7 cups vegetable, chicken broth or stock
 1 large onion diced, about 2 cups
 ½ cup heavy cream
 2 cups peeled russet potatoes
 Kosher salt and black pepper
 ¼ cup parsley or chives chopped

Directions:

Heat oil in a 4 quart pot and add onion and carrots.

Sweat for 5 to 8 minutes, or until vegetables are translucent and tender.

Add potatoes and stock/broth and bring to a boil.

Reduce heat and simmer for 35-40 minutes.

Puree soup in a blender and return to the pot. If you use an immersion blender the texture will not be smooth.

Add heavy cream and blend in. Adjust seasonings and stir in herbs. Serve with croutons.



Crouton Recipe:

1 loaf Italian bread cut into 1" croutons

Extra virgin olive oil as needed

Kosher salt and black pepper

Preheat oven to 400 degrees. Toss croutons lightly with olive oil and salt and pepper on a cookie sheet. Arrange in a single layer and bake for 10-12 minutes or until lightly browned.

Variations for soup: replace carrots with broccoli or cauliflower.

*If soup seems to need a "pick-me-up" add a tablespoon of lemon juice. It adds a delightful texture!

Managing Automatic Negative Thoughts: The Positive Side of Thoughts

By Sherry Myers

Last month we reviewed Step 2 of our series on step-by-step thinking principles used by Daniel G. Amen, MD in his article on ANT THERAPY (eradicating Automatic Negative Thoughts (ANTS).)

This month, let's look at Step 3: Every time you have a good thought, a happy thought, a hopeful thought or a kind thought, your brain releases chemicals that make your body feel good (and

cools your deep limbic system).

Last week's step showed us the impact that negative thoughts can have on us - heating up the deep limbic system and presenting a danger to our overall health. This week, we're looking at positive thoughts and the effect they can have. It stands to reason that, if negative thoughts generate negative results, then positive thoughts ought to culminate in positive effects on our bodies. Negative thoughts can raise our



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Managing ANT (cont.)

blood pressure, but positive thoughts can calm our breathing and result in more relaxation of the body, reducing tension.

Women actually have a larger deep limbic system which helps them to be more in touch with their emotions, increasing their social connections. But, everyone can enjoy the health benefits of positive thinking.

In September 2013, an American Heart Association journal published a research paper showing that a positive outlook on life can help people live longer and stronger, and can even help those suffering from serious diseases. Humor also improves the immune cell function, promoting better health and decreasing the risk of cancer. Volunteering, and the positive feelings received from helping others, has been shown to have health benefits as well.

Training ourselves to look at things in a more positive light rather than a negative one can go a long way toward improving our health status. A rainy day can appear to ruin an outdoor plan that had been looked forward to for several weeks. Or, it can force you to come up with a creative indoor alternative like setting up a



tent and watching movies, or having a craft day with friends. Quality time with loved ones may salvage your rainy day. So, how can we turn our disappointments into more positive thinking? Get creative, get positive, and remember - think happy thoughts!

Faith Stones (Faith is not optional. The question is, "In just what do you place your faith?")

By Tom Dardick

When you think of faith, what comes to mind? Is it the measure of your belief in that which is unseen or unknowable? Or, do you think of faith as a thin, mostly irrational tether to cherished ideals?



Here's the thing - faith is not optional. You have faith. The question is, "In just what do you place your faith?" Perhaps the most significant expression of faith is a belief in God. Some use faith in God as a guide through life. Others believe that the notion of an all-powerful Creator is a fairy tale and thus a distraction.

Neither side is able to convince the other that they are wrong, and each associates their belief with the concept of faith.

We all try to build a picture of the world which will help us to more positively identify our values, perceptions, and decision-making. Because we are beings of limited perceptual powers, we use faith to fill in the gaps. Our thoughts and, by extension, our emotions and behaviors are products of our faith. We need to ask ourselves why we place our faith in our chosen ideal and how is our faith choice working for us, and others.

Our mythology profoundly impacts how we invest our faith. So does the ubiquitous messaging to which we are exposed. The stories we are told, combined with our experiences, coalesce into a picture by which we learn to identify "normal." Against this, we select lessons that build our lattice of belief. Once formed, our faith keeps us on the course we have derived from those beliefs.



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Editor in Chief: Cheryl Ciambotti

Assistant Editor: Sara Steele

Assistant Editor: Crystal Lemmon

Journalist: Cindy Eslinger

Journalist: Sherry Myers

Journalist: Tom Dardick

Journalist: Kirk Brechbiel

Photo Journalist: William Gast

Email:

counselor@perhaps-today.com

Web:

www.perhaps-today.com

Faith Stones (cont.)

Not all beliefs are equal. Our faith may be placed in a political ideology, our career, the pursuit of material possessions or physical experiences, our relationships, modern science, or even our sense of self. Sooner or later, these stepping stones of faith are tested. Sooner or later, circumstances require us to place our full weight on a particular “faith stone.” It either supports us or it doesn’t.

The aforementioned faith stones may crumble like chalk when weight is applied. We let ourselves down. People disappoint us. Prevailing scientific theories or claims are found to be erroneous. When this happens, it causes us distress and we lose our balance.

The footing is most solid where there is timeless truth. The greatest known repository for that is the Bible. Faith in God’s wisdom is solid to those who believe in it because it teaches that God’s wisdom is safety: Proverbs 2:7. This is a “faith stone” because, although I can’t prove it to be true, there is ample evidence to consider it. For instance, when I lack clarity, focus, and feel unappreciated or insignificant, I can feel my faith working and growing.

I encourage you to consider where you place your faith. Where does it work, and where are your stones wobbling? Seek truth, and place your trust in the stones that are unbreakable.

Gardening Tips for April

By Kirk Brechbiel

Gardening is America’s favorite leisure outdoor activity, enjoyed by more than 78 million people, according to the National Gardening Association. Hopefully, soon, we can forget this winter and get in the garden. For most of us, gardening provides an opportunity to commune with the natural world, and creates a sanctuary that promises relief from the stresses of everyday life. Yet for older adults, all the digging, hoeing, weeding, mowing and watering - the necessities that make a garden beautiful - can be especially hard on backs, shoulders and knees. That can turn a labor of love into a chore we dread, or even one we must give up as we become physically less able. Below are tips for modifying tools and gardening techniques that can make all the difference for the senior gardener.

Gardening Tip #1: Start with the right tools, and make them do the work. Give away those heavy steel tools. Keep your tools sharp. Use the right tool for the job. Use handle extenders and reachers to reduce stress.

Gardening Tip #2: Use gardening gloves to protect your hands and provide extra cushioning. This gardening tip will protect your hands and prevent injuries. Spend a little more and get gardening gloves with leather palms, or get “rose gloves” that protect your hands from thorns.



Gardening Tip #3: Use shortcuts to make gardening go faster. Replace annuals with perennials to get garden color with less effort each year. Stagger planting times and choose plants that bloom at different times to provide color through most of the year.

Gardening Tip #4: Keep cool and protected with the right clothes and accessories. Wear lightweight clothing, a long sleeved shirt, eye protection, sunscreen, and a big hat. Garden early in the morning or late in the day. Avoid being out between 10:00 a.m. and 2:00 p.m

Gardening Tip #5: Try container gardening for ease and accessibility. Containers can provide a variety of colorful and fragrant flowers, as well as delicious vegetables, and they are easier to manage than a garden. Save your back by placing the container where you want it, then filling it with soil, natural fertilizer, and plants.

*For more tips for seniors go to Ella Home Care at www.ellahc.com.