



Perhaps-Today NEWS

Perhaps Today Ministries

We've gone Billboard!!

If you haven't heard yet **PERHAPS TODAY MINISTRIES HAS A BILLBOARD!** You can find it off Interstate 83 south Exit 35 near the Summit Restaurant beginning in April. Check it out and then write us about what you think on our website!

We are campaigning for donations to help us launch new programs to help those less fortunate in our community. Funding is needed to help with transportation for those who can't afford to get to the office and financial aid for client's loved ones to enter into intervention programs. We also wish to start more benevolence programs to help those who come for counseling as well as programs for food, clothing, assistance and ways to match clients with other programs that offer services for people with various needs.

How can you help?
Here's how it works:

You give a tax deductible gift of any amount. When someone comes to Perhaps Today Ministries for counseling it is by donation only. If they can't donate we still offer the same compassionate counseling and your donations help us do that. A donation of \$100 will help a family for a whole month. They continue to come and over time they are less anxious and feeling joy

Depression: How can we help?

Perhaps Today Ministries has experience in helping people manage their depression. Pastor Cheryl Ciambotti CRS, assists people in developing coping skills that help in controlling minor depression symptoms. While we cannot prescribe medications, there are a few simple things that you can do to begin healing without using medications.

Some of those are taking care of yourself physically, eating a healthy diet, staying active and



**We Help: Suffering Families
Troubled Marriages • Individuals in Crisis**

instead of anger or sadness. **This makes them a more pleasant cashier behind the counter where you shop, a better employee where you work; they serve your company better and are a more courteous driver on the roads you drive... we all want those!** (Not to mention the blessing you receive from helping others!)

Please take time to consider a donation of any amount to Perhaps Today Ministries. You can donate safely online by going to www.perhaps-today.com and clicking the donate button or mail your donations to Perhaps Today Ministries 40 Violet Dr. Etters PA 17319.

getting plenty of sleep. Others might be avoid isolation and participate in social activities involving friends and family. Part of Cheryl's success with clients comes from people writing in a personal journal because this may improve your mood by allowing you to express pain, anger, fear or other emotions openly and privately. If you are religious she will assist with insightful appropriate Bible verses. It is also important to try to simplify your life by cutting back on

APRIL EDITION

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Perhaps Today Ministries

Christian Spiritual Counseling

where you can make a change

Ways to contact us:

Email:
counselor@perhaps-today.com

If you are hurting or know someone who is.

Web:
www.perhaps-today.com

Call:
Office: 717-938-6133
Text: 717-991-6634

Mail:
40 Violet Drive
Etters, PA 17319



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Depression: continued...

self-imposed obligations when possible, to set reasonable goals and allow yourself permission to do less when you feel down. Cheryl does a detailed analysis to help determine how you might achieve these goals but sometimes you just need someone to hear you and Cheryl is there to listen with compassion.

In a recent survey here's what one woman wrote about her experience...

"My experience with the counselor was positive. I felt I could be open and honest and also trusted the confidentiality of the shared conversations.....I felt Cheryl possessed a sincere desire to help me during this difficult time of my life."

Researchers have found that there are certain factors that seem to increase the risk of developing depression including a history of any personality disorder or post-traumatic stress disorder, drug abuse and any serious or chronic illness to name a few. Unemployment and divorce can also be huge contributors to the onset of depression as well.

Contact us today if you know someone who is having difficulty with depression or needs help. For more information visit our website:
www.perhaps-today.com

Israel, Jordan & Egypt Event: Part Two

If you missed this amazing event don't worry. Join us **April 17th at 6:00pm at Servants Heart Bookstore** where Pastor Steve Forry will begin again in Israel and explore the countryside and the ancient city of Jerusalem among others. He will add the perspective of first century Romans, Jews and Christians which should be educational for all!

Last month Steve gave a vivid visual tour starting in Petra and off to Jordan, Egypt and ending in Israel. The pictures were beautiful and he

pauses to tell us about the people, the past, and the perspectives of those who live there now and those who have long since passed. The history of such ancient cities as Petra and Caesarea are amazing!

If you have ever found yourself wondering what it would be like to visit these ancient countries but just haven't had the opportunity to go there yet... then here's your chance. This event is sure not to disappoint!

What do you do when YOU worry?

Worry affects most people at some time in their lives, crossing all economic, racial and educational boundaries. Statistics show that at least one in four or about 65 million Americans suffer from some form of anxiety disorder. Women are two times more likely as men to be affected by worry. Yet worry is not the enemy. It is only when we are unable to manage our worry that it causes problems. Worry diminishes enjoyment in life, erodes peace of mind and, if left unchecked, can undermine your physical health.

We can help you retrain your brain to deal positively with troubling thoughts like financial worries or fears of failure. Defusing worry means speaking to yourself in ways that redirect your attention when negativity threatens to overtake your thinking. Talking with a good counselor can help you to see that it's what you THINK about the problem that is the problem, not actually the problem.

"We don't respond to what happens in life...We respond to what we say to ourselves about what happens in life." Dr. Phil

The good news is that worry is a highly treatable condition. Perhaps Today Ministries helps people face the problems in their lives directly, courageously and honestly. It is not uncommon to feel so overwhelmed with life that you need a little help sorting out your thoughts. That's where we come in.

After you've done everything you can do to let your worries go and have gotten help to move on you can let them be gone for good.

The words of Archbishop Joseph Cronin,
"Worry never robs tomorrow of its sorrow; it only saps today of its strength."