



Perhaps-Today NEWS

Perhaps Today Ministries

JUNE
EDITION

The History of Father's Day

By Cindy Eslinger

Did you know there are more than 70 million fathers in the United States? Honoring them is traditionally celebrated in June every year. And because inquiring minds want to know..... we decided to delve into how this day became a nationally celebrated holiday.



Father's Day is a complement of Mother's Day and was established in the early 20th century being celebrated on the third Sunday in June. It is nationally recognized largely due to the efforts of Sonora Dodd of Spokane Washington. In 1910, Sonora attended a Mother's Day celebration at her church and while reflecting on the sermon commemorating mothers, she remembered her father's valiant efforts in raising her and her five siblings on his own after their mother died in childbirth. That day was the turning point for Sonora in her plight for creating a holiday for honoring fathers.

Her strategic efforts included working with businesses that would profit from an all-male holiday such as men's clothing stores and tobacco companies. However, the

campaign met with some obstacles such as one florist explaining, "Fathers haven't the same sentimental appeal that mothers have." Surprisingly, many men continued to disdain the idea of Father's Day. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself."

Sonora pushed hard to get everyone on board for this holiday. President Woodrow Wilson spoke in 1916 voicing his support of the holiday; however, once again her wish was denied because Congress refused to pass the bill largely due to its overly commercial nature. It was not until 1957 that a Senator from Maine, Margaret Chase Smith, asserted that it was unfair to honor mothers and not fathers that Sonora's wish was finally gaining some support. Later President Lyndon Johnson finally issued a proclamation in 1966 and President Richard Nixon made the holiday official in 1972.

A quote by Clarence Budington Kelland (of his father) supports the theory that children learn by what they see and not always by what they're told. He said, "He didn't tell me how to live; he lived, and he let me watch him do it." A father's love and support of his child is the greatest gift any father can give. Perhaps PTM can assist you in becoming the father you always wanted to be.

Ephesians 6:4

Colossians 3:21

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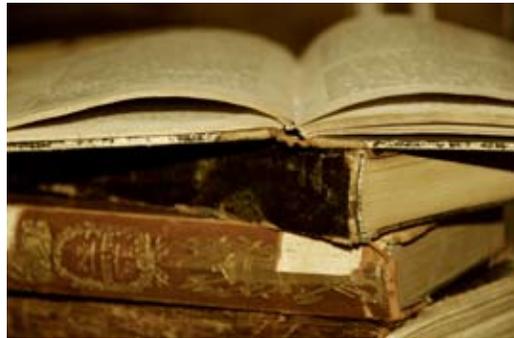
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Perhaps Today Facts-n-Findings: The 10 plagues in Exodus aimed at the Egyptian gods

By Cheryl Ciambotti

Though you may already be familiar with the story of Moses (Exodus, chapters 7-12), you may not know that each of the 10 plagues was a direct hit, aimed at one of the gods to which the Egyptians prayed. The story begins not with "let my people go so they can leave the land," but rather, let them go "so they can worship me in the desert for 3 days," says the LORD. It wasn't an intention to escape - it was a matter of worship. We have to remember that, lest we miss the point. God was directly speaking to the Egyptians about their gods through Moses, and He was reacquainting the Israelites with Himself. Look at the following:



1 Plague of water to blood: The god Osiris was thought to have the Nile as his blood stream and was the force of hydroponic fertility which causes plants to grow. NOTICE: This plague brings death, NOT life. Though Osiris was the god of life through water, he was proven impotent and unable to reverse the effect of this plague.

2 Plague of frogs: The god Heket had the body of a woman and the head of a frog. She was responsible for childbirth. The Egyptians prayed to her because she was considered the divine midwife to humanity. NOTICE: Heket is humbled before God with this plague as He brought death against her supposed life-bringing qualities.

3 Plague of gnats: The god Geb was the god of the earth which Moses' staff strikes and from which the gnats come forth. This god was credited with health and sustaining plentiful crops. NOTICE: He was proven impotent with his inability to stop the bugs from tormenting the livestock, the people, and the crops.

4 Plague of flies: This plague comes with a warning and is felt only by the Egyptians. The god Ra was worshipped as the god of the sun

and the symbol of life. The sun is needed to birth the small eggs deposited in the dung along the roadside that hatch the "flies" which some scholars believe were the blatta orientalis beetles (scarab beetles) which are sacred to Egyptians, resemble the spelling of the Hebrew word for the same Egyptian word used for "flies," and hatch the same way. These beetles or flies eat clothing, furniture, plants, and people. NOTICE: Ra is made impotent before God when the land was ruined by flies and Ra had no power over life or death. Equally, the sacred Scarab beetle has nothing to do with life eternal and resurrection, which was the common belief.

5 Plague of livestock: This plague is only felt by the Egyptians. The god Apis was represented as a bull and spoke of strength and power. Livestock were VERY valuable for food, labor, and transportation; but, the Egyptian livestock in the field were all gone in one day. NOTICE: The god Apis was made impotent when God could easily destroy even the bull - the strongest of the Egyptian gods.

6 Plague of boils: This plague is only felt by the Egyptians. The goddess Sekhmet was believed to have the power to create epidemics and to end them. NOTICE: Sekhmet was made impotent as the plague raged on and she could do nothing to end it, not even for her own group of priests. Also, NOTICE: Egyptian priests could have no disease; otherwise they could not serve in the temple. God deprives ALL of the Egyptian gods of their priests. Big win for God!!

7 Plague of hail: This plague is only felt by the Egyptians. Nut was the goddess of the sky and brought blessings to crops. She sheltered the Earth like a table over the crops. NOTICE: The last of the economy is devastated, she is made impotent in the face of God, and the Egyptian prayers are not heard as slaves, livestock, and crops are destroyed.

8 Plague of locusts: This plague is for Egyptians and comes with a warning. This was more devastating than any of the preceding plagues - taking every last living green thing from the Egyptians. Locusts can strip a country bare and starve a country for decades, eating their own body weight daily. Consider that 1 square mile of a locust swarm contains between 100 and 200 million locusts. NOTICE: The whole pantheon of the Egyptian gods was being



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Perhaps Today Facts-n-Findings (cont.)

targeted. No one can stop this catastrophe until God, through Moses, is summoned by Pharaoh to end it.

9 Plague of darkness: This plague is only felt by the Egyptians. It lasted 3 days and the darkness was so thick you could feel it. There was darkness for the Egyptians, but light for the Israelites. The god Ra is the god of the sun and the greatest god in the pantheon. Ra was seen as a great blessing while regulating the seasons, the days, warmth, and bringing life-giving light. NOTICE: Ra is made impotent when he cannot bring back the sun.

10 Plague of firstborn: This plague was felt only by the Egyptians because the Israelites were instructed to put blood on the doorposts and the lintel so that the angel of death would

pass them by. This plague was directed at all of the gods because Egyptians were instructed to dedicate their first-born to the gods. NOTICE: It particularly effected Isis, goddess of fertility; Meskhenet, goddess over the birth of children; Hathor, one of 7 deities who attended the birth of children; Min, god of procreation; Selket, guardian of life; Renenutet, cobra goddess and guardian of Pharaoh; and, to Pharaoh himself since he was seen as the representative of the god Ra but was unable to protect even his own son.

You can see clearly now that God was trying to accomplish 3 very important things. One, to reacquaint the Israelites with the God of their fathers; two, introduce the Egyptians to the One True God; and three, to bring judgment on the Egyptian gods.

Perhaps Today Ministries Welcomes a New Board Member - Tom Dardick

By Sherry Myers

Perhaps Today Ministries is proud to welcome Tom Dardick as its newest board member, effective April 2015.

Tom and his wife Kathleen have two teenage children - a son named Collyn and a daughter named Geneva.

Tom has a very entrepreneurial spirit and performs in a project-based manner, always seeking to build something. His main business is Dardick Inter-personal Communications where he acts as a consultant, helping organizations with "people strategies" by putting in place systems that identify and align purpose. He is also working on an open-chamber technology gun system that will be the rebirth of a family legacy. A man of many talents, Tom and one of his brothers are currently co-writing a novel, and Tom enjoys performing in a classic rock band - Second Time Thru. Tom also plays drums and guitar in his church's worship band, sings in the choir, is an elder in the church, and is on the discipleship committee.

Tom met Cheryl, the CEO of Perhaps Today Ministries, through a mutual networking group about a year ago where she was introduced to him and read some of his articles. The mission and vision of PTM clicked with Tom, who



appreciates their calling to help those who, otherwise, might not receive the kind of support that PTM offers. Tom also supports Cheryl as a person in a shared network. Because of all of these qualities, Tom is a great match as a board member.



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Why did God pick the 10 plagues? See Facts n findings.



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New Board Member - Tom Dardick (cont.)

In his spare time, Tom enjoys walks with his wife, workouts with his son, and going to recitals or watching shows with his daughter. Tom feels that his greatest success in life is the quality of relationships within his family. His favorite recurring theme in the Bible is "Fear not," and he feels that so many of our lives are controlled by fear, though our charge is to NOT be fearful. Another favorite note in scripture is, "The truth will set you free."

Tom is very much a seeker of freedom and desires to understand the nature of freedom. He feels the key to life is to not set expectations that you cannot keep and "be in the moment," right where you are, which helps to avoid stress.

Shish Kebabs for Father's Day



Suggested combinations:

- Cubed and marinated beef or chicken, chunked pineapple, onions, and green pepper
- Cubed chicken marinated in dad's favorite hot sauce with chunked new potatoes
- Cubed chicken marinated in Greek salad dressing, black olives, cherry tomatoes, and chunked new potatoes
- Veggie kebabs with zucchini, onions, and peppers basted with olive oil while grilling

* Soak wooden skewers in warm water for 30 minutes before putting the food on them and grilling/broiling.

These are so much fun for **kids and dads** to make, and you can use a great variety of meats and vegetables. Shish kebabs can be cooked outside on the grill or broiled inside. Rather than one shish kebab recipe, some possible combinations and ideas are listed below.

If you like, you can cook or grill the meat and vegetables ahead of time and let the kids string the cooked food on skewers. Then, you can just lay them on the grill or under the broiler for a few minutes to warm them up.

A little History on the Shish Kebab

The term shish kebab comes from two Turkish words literally meaning "skewer" and "roast meat." It's a signature Turkish meal and a natural solution for nomadic tribes. Unusual meats were marinated not only to tenderize,

but also to get rid of some of the gamey flavor. It's been reported that Christopher Columbus was fond of Portuguese espetadas, a beef shish kebab marinated in wine and roasted on an open fire. too high a temperature.

Advice for Making the Perfect Shish Kebab

First, the cut of the meat really does matter. Tenderloin or filet mignon are the best cuts for making shish kebabs but they're also the most expensive. They do not require a marinade in most cases but, for optimum flavor, should be served rare or medium rare. Not everyone likes a bloody or red piece of meat, so this is not a universal ideal. If you do like your meat rare or medium rare and can afford tenderloin, then go

for it. Your kebabs will taste amazing and won't require strenuous chewing!

If you aren't using tenderloin or filet mignon, top sirloin is a good choice. It's economical and, when prepared correctly, will cut like butter. The trick is to marinate and allow the meat to absorb the marinade for up to 24 hours. Use an acid-based marinade that contains lemon juice



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It's a good time
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forgiveness. See
page 6?



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Advice for Making the Perfect Shish Kebab (cont.)

or white vinegar as it will naturally tenderize the meat by breaking down the connective tissue.

Finally, the size of your beef cubes should be considered. Bite-sized cubes of meat cook more evenly and more quickly, making it easier to avoid overcooking so no one needs a fork and knife to cut the beef from the kebab.

To ensure even cooking of meat and vegetables, make sure the pieces are not too big or too thick. Always leave a little bit of space in between veggies and meat to allow heat to circulate and rotate the kebabs often on the grill, just as you would a regular steak or vegetables. Also, be sure you are not grilling at too high a temperature.

Managing Automatic Negative Thoughts: Keeping Us Physically Healthy

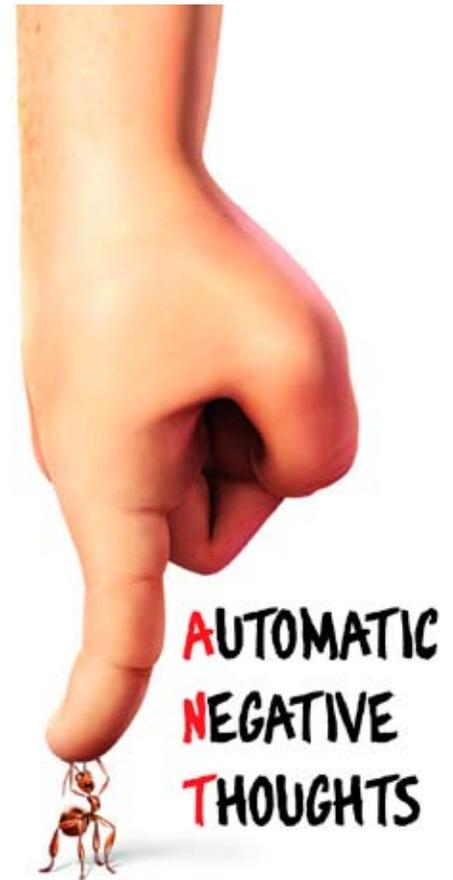
By Sherry Myers

This month we are looking at Step #5 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# 5: Thoughts are very powerful. They can make your mind and body feel good or they can make you feel badly. Every cell in your body is affected by every thought you have. That is why when people get emotionally upset they develop physical symptoms – headaches, stomachaches, and some doctors even think that negative thoughts could be linked to cancer.

If every thought you have affects your body, it makes sense to focus on the positive thoughts for better health. We need to limit the negative thoughts which, in return, may assist in limiting negative health effects. Each time a negative thought comes into your head, question whether it is worth the impact on your body to allow the thought to manifest and grow into something unhealthy. Even the little nagging thoughts that don't seem like a big deal can have a negative impact.

If I made you a batch of fudge and it smelled good, looked good, and had all of the right ingredients; but, I put in one extra ingredient - one tiny pinch of dirt - would you eat it? You can't see it, taste it, or smell it, but it's there and it could be toxic to you. Of course you wouldn't eat it! Think of someone with a peanut allergy. Certain people with allergies to peanuts can't have even a trace of peanuts in their food. In fact, a food that is made with equipment that has come in contact with peanuts has to be labeled as such because of the seriousness of this allergy. Like negative thoughts, we must be constantly watchful, ready to identify and protect ourselves against even the smallest



traces of the thing which would harm us. We must guard ourselves from the seriousness of entertaining them for the sake of our own health.

These negative thoughts can infiltrate and cause damage. When negative thoughts come, remember to evaluate the worth of entertaining the thought, redirect the thought to something positive, and move forward feeling strong and determined to take control of your thoughts and your health!

Senior Financial Abuse



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By Kirk Brechbiel

Financial abuse is a form of senior abuse that can rob a senior of self-esteem and trust as well as his or her means of subsistence. When a relative, friend, or caregiver exploits an older person and manages to drain away savings, assets, and good credit that have taken years to accumulate and establish, the result can be devastating. Seniors are also a prime target for identity thieves because of their perceived vulnerability.

Older adults living in residential facilities, or under the care of another person, are at risk because the caregivers have access to the senior's personal records. Some examples of financial exploitation include:

- Establishing credit using the victim's personal information
- Forging the victim's signature or stealing a person's money or possessions
- Deceiving a victim into signing a contract, will, Power of Attorney, or other document

Identity thieves can drain bank accounts, rack up huge credit card bills, obtain loans, refinance the victim's home, and even commit crimes with the victim's identity. Some of the most common ways to obtain personal data include:

Wallet or purse theft: Seniors are more likely to carry their Social Security cards or Medicare cards with them, making them prime targets.

Dumpster diving: Thieves dig for personal information in the trash of homes and businesses.

Phone scams: Thieves pose as insurance companies, charities, banks, governmental agencies, or other businesses to gather personal information over the phone.

Records theft: Medical records, social security records, and other forms of personal records are a golden ticket in the wrong hands.

Online fraud: Fake emails and websites with false fronts are set up to trick unsuspecting consumers into providing personal data. The emails and websites make a good pretense of appearing legitimate and may even look just like a real communication from a company with which the victim does business.

Mail theft: Thieves intercept incoming and outgoing mail to obtain personal identifying information, collect checks, and to intercept pre-approved credit card offers.

In general, there seems to be an overall reluctance to report financial exploitation. An older person may be hesitant to report a

relative or caregiver because of the emotional attachment to that person. Seniors may be scared that, if they report an incident, they may lose their independence because family members or guardians may deem them incapable of handling their own affairs. Due to their perceived vulnerability, making them attractive targets, seniors should be vigilant about protecting their personal information. This includes:

- Guard Social Security numbers, checks, credit cards, Medicare cards, and financial statements at home and only carry what is absolutely needed in your purse or wallet.
- If possible, use a locked mailbox for incoming and outgoing mail. Don't put mail in your mailbox with the flag up. If possible, go to the post office to mail items.
- Tear up or shred unneeded personal documents, receipts, pre-approved credit offers, and any other item that includes personal information about you or your accounts.
- Never give your Social Security number, mother's maiden name, account numbers, or passwords to anyone who contacts you by phone, Internet, or email. Make a phone call to the legitimate business's customer service # to verify a request for information.
- Check your credit reports and financial statements regularly. If you notice any suspicious activity on your accounts or bill, contact the bank or company immediately. To obtain your annual free credit report, call toll free 1-877-322-8228 or go to www.annualcreditreport.com.



To get assistance, contact the Department of Health & Human Services' Aging Abuse hotline by calling toll-free 1-800-677-1116 to be directed to a local resource, or contact the National Center on Elder Abuse (NCEA) at 1-800-677-1116 or www.ncea.aoa.gov.

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