



Perhaps-Today NEWS

Perhaps Today Ministries

NOVEMBER
EDITION

This year's 2015 winner of the "Gia Glinatsis - Care to Share Award" – Cheryl Ciambotti

Congratulations to our own Pastor Cheryl Ciambotti on winning the prestigious 2015 Gia Glinatsis Care to Share award at the Conference for Women...Be Extraordinary, presented by Events by Eye Candy! Cheryl has taken her expertise and shares it in order to help others to develop and grow, and she creates a lasting and beneficial impact on business owners and leaders as well as rising stars.



If you are unfamiliar with what Cheryl does here is a quick review.

Pastor Cheryl Ciambotti is the Founder, CEO and President of Perhaps Today Ministries based in Etters PA since 2010. She is an ordained minister and a Certified Recovery Specialist.

Perhaps Today Ministries is a well-respected non-profit organization that offers Christian spiritual counseling for donations only. Cheryl's goal through Perhaps Today Ministries is to encourage support and mentor individuals both personally and professionally. The organization was constructed "to aid the disadvantaged, hurting and those in great need by offering counseling without fees – only asking for a tax-deductible donation where both the company and the client benefit; to facilitate education to the community, to provide personal growth and enrichment, to get people involved in their community; and finally to offer diverse and multi-leveled benevolence services."

Perhaps Today Ministries provides a location and counseling services that allow individuals to speak confidentially without fear of shame or judgement and receive council at a cost of their choosing. One mentee referred to Cheryl as "a fireball of passion in her ministry and in the service of others".

Cheryl says of her motivation: "The success of my clients inspires me to continue this work and to search for more and better ways to serve."

Again, we congratulate Cheryl on this well-deserved award! For more information about Cheryl or the organization see the website www.perhaps-today.com.

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*Congratulations to
Cheryl Ciambotti on
her Care to Share
award!!*



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Be Thankful For You

By Tom Dardick

For me, the Thanksgiving holiday has been about family, food, and football. I've always looked forward to the day because some of my favorite memories were the sumptuous meals and just being together. I wasn't really aware that I was missing something.

I knew the obvious – that Thanksgiving was about giving thanks. My dad would always say a prayer before the meal and I had a general sense that I was fortunate to have a loving family, plenty to eat, and a warm hearth. But I also didn't fully appreciate the reality that Thanksgiving Day is more than being thankful for the obvious – more than a simple tradition.

It was easy to miss the deeper truth about Thanksgiving. Our culture is focused upon the commercial – the Macy's Day parade, the NFL and NBA, Honey Baked hams and pardoning turkeys, and now Black Friday and the shopping season. Against this backdrop, thinking of Thanksgiving as an experience is understandable and typical.

What seems prevalent around the holiday are plans – meal plans, travel plans, lodging plans, etc. Especially when I was young, my Mom did all the heavy lifting – she made every bit of food consumed that day. I didn't really think about how her experience of Thanksgiving Day contrasted with mine or my father's, or my three brothers'. As we grew up and the family expanded, she got help – mostly from our wives.

For my children and my nieces and nephews, not much is different from when I was their age. The thing I would like to change, the missing piece that I suspect would make Thanksgiving more meaningful, is to help them understand their personal gifts.



I want them to know that they best serve God by using their talents and energy in service to others. On Thanksgiving in particular it is fitting to take a personal inventory – the things that we're enthusiastic about and good at – and then build gratitude for those gifts.

When we appreciate things, be they material or not, we show higher respect. We take care of those gifts. In the case of the material, we wash the car we love, we clean the house we treasure, we take satisfaction in the appearance of our property or our person. In the case of the immaterial, we use and develop our talents.

Talent is an evocative word. Its origin is Biblical. Maybe you remember the Parable of the Talents (also known as the Parable of the Loaned Money, Matthew 25:14-30.) The lesson Jesus taught us was: use what you are given. This leads us to the highest life.

So this Thanksgiving day, let's look at our personal gifts. Let's take some time to find ways to strengthen them and place them in more service. This might be that we better serve those whom we are already involved with or it might mean that we actively find others who benefit from our talents.

Family Month - Tell a Tale

By Laura L.W. Horan

"When I was growing up..." how often have you heard that phrase? And you knew a story was coming, which you probably heard several times, maybe even a thousand times. You've heard the story so many times you knew it by heart. You even knew when to change the inflection of your tone.

Family stories tell the tales of our lives, where we came from, and it is history which is told to generation to generation. There are different kinds of families and not just by blood. There are blended families, work families, or people that you connect with, bond with that have the same interests as you: book clubs, writers groups, and sports, etc. These people you call 'friends.' Many times your friends are closer to you than your blood relation.



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Happy Thanksgiving!

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Family Month - Tell a Tale (cont.)



God thought the family unit was so important, he mentions the word 'family' throughout the Bible in about 150 verses. The word 'families' is mentioned in about 79 verses from Genesis to Revelations per Strong's Exhaustive Concordance of the Bible. The genealogies in the Bible tend to be boring, but

they are important, because its history. God also mentions 'friends' in about 49 verses, and the word 'friend' in 52 verses throughout the Bible. God likes families and friends. God likes stories and relationships, because the Bible is full of family, friends and stories.

November is Family Stories Month, schedule time to visit with family, no matter what your definition of 'family' is, gather around the dinner table like families used to do. Take time for your friends too. Tell your dear ones how much you appreciate them. Make new memories and new stories for future generations. Since God is in the family and friends business, put him on your agenda to visit with too.

Sweet Potato Casserole



A favorite at my house on Thanksgiving!! – Cheryl Ciambotti

Makes: 12 servings

Time: 30 minutes

Ingredients:

- 4 cups sweet potato, cubed
- 1/2 cup white sugar
- 2 eggs, beaten
- 1/2 teaspoon salt
- 4 tablespoons butter, softened
- 1/2 cup milk
- 1/2 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup all-purpose flour
- 3 tablespoons butter, softened
- 1/2 cup chopped pecans
- Add all ingredients to list

Preparation:

1. Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
2. In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.
3. In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
4. Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

For more great ideas and a countdown to Thanksgiving Day preparation guide visit, <http://www.foodnetwork.com/holidays-and-parties/articles/thanksgiving-planning-guide.html>

Give Thanks With a Grateful Heart

By: Sherry Myers



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**Psalm 69:30 I will
praise the name of
God with song, And
shall magnify Him
with thanksgiving.**



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As the summer makes its exit and we begin to enjoy some cooler, crisp days, our thoughts begin to turn to the upcoming Thanksgiving holiday. This month we'll take a look at a brief history and some little known facts.

Thanksgiving is celebrated in the United States on the 4th Thursday of November. Its historical roots are rooted in religious traditions, giving thanks to the Lord for the blessings of the harvest and of the preceding year. Thanksgiving Day has been an annual tradition by presidential proclamation in the United States since 1863.

Sarah Joespha Hale, author of "Mary Had a Little Lamb" campaigned for almost 20 years to make Thanksgiving a National Holiday. She petitioned through 5 presidents before a letter she sent on September 28, 1963 to Abe Lincoln was read and he decided to proclaim the national holiday. She also wrote many editorials listing recipes to be used for Thanksgiving dinner including many things that wouldn't have been served at the original dinner but are traditional today, largely due to her. The first dinner would have been deer, fowl, flint corn, cod, bass and other fish.

Everything we know about the first Thanksgiving comes from 2 passages, one from a letter by Edward Winslow written to a friend in December of 1621 describing the harvest festival; the second, from On Plymouth Plantation by William Bradford twenty years after the event.

Today most families still celebrate the holiday by gathering together, sharing a traditional Thanksgiving feast and sharing their thankfulness for all of the blessings in their life. Long live the Thanksgiving tradition and may we always remember to count our blessings!



And now for a little Thanksgiving humor:

An optimist is a person who starts a new diet on Thanksgiving Day. ~ Iry Kupcinet

It's not the minutes spent at the table that put on weight, it's the seconds. ~ Unknown Author

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie. ~ Jim Davis

Coexistence... what the farmer does with the turkey – until Thanksgiving ~ Mike Connolly

Enjoy your Thanksgiving, however you celebrate it, and remember to give thanks for this wonderful county we live in and thanks to the God we serve!



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**November
is National
Alzheimer's
Disease Awareness
month.**



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Eliminate Automatic Negative Thoughts

Killing the Ants

By Sherry Myers

We've been looking at Steps 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))*.

We will identify 9 specific species of ANTS (Automatic Negative Thoughts) in order to take their power away from our lives. This month we will look at the ANTS 4, 5 and 6.

Ant 4 – “Mind Reading.” This happens when you believe that you know what another person is thinking even when they haven't told you. You know when you are mind reading when you have thoughts such as, “She's mad at me. He doesn't like me. They were talking about me.” We should not assume that we know what someone else is thinking. The best policy if you are unsure of a person's thoughts is to confront them and ask them. Then you will know for certain. Mind reading ANTS are infectious and should be avoided.

Ant 5 – “Thinking with your feelings.” This occurs when you believe your negative feelings without ever questioning them. Feelings are very complex and often based on powerful memories from the past. Feelings sometimes lie to you. They are not about truth. They are about feelings. Ex: “I feel you don't love me. I feel stupid. I feel like a failure.” Always evaluate your feelings. Are they based on the truth? Are they legitimate or are they based on assumptions or past experiences?

Ant 6 – “Guilt Beatings.” Guilt is not a helpful emotion. It often causes you to do things you don't want to. Guilt beatings happen when you think words like “should, must, ought or have to.” Ex: “I ought to spend more time at home. I have to organize my office.” Because of human nature when we “have” to do something, we don't want to. Change guilt beating phrases to “I want to spend more time at home. It would be helpful to organize my office.” Guilt should never be the driving force in our lives.



Let's look at some ways to kill these ants

Ant 4 – Mind Reading

Thought – The boss doesn't like me.

To kill the ant – Maybe the boss is just having a bad day.

Ant 5– Thinking with your Feelings

Thought – I feel he doesn't love me

To kill the ant – He may just be busy and hasn't had the time to spend with me.

Ant 6 – Guilt Beatings

Thought – I need to work overtime.

To kill the ant – If I choose to work overtime, I can get the extra money I want to go on a trip.



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10 Ways to Help a Family Living with Alzheimer's



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**Give thanks
and
pass it on...**



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By Kirk Brechbiel

One in three seniors dies with Alzheimer's Disease or another dementia. It is the only cause of death in the top 10 in America that cannot be prevented, cured, or slowed. In fact, you likely know of someone or a family who has a loved one suffering from Alzheimer's or another dementia. Understanding is the first step to helping. Below are 10 ways to help a family living with Alzheimer's.

1. Educate yourself about the disease. Learn about the effects and how to respond.
2. Stay in touch. A card, a call or a visit means a lot and shows you care.
3. Be Patient. Adjusting to an Alzheimer's diagnosis is an ongoing process and each person reacts differently.
4. Offer a shoulder to lean on. The disease can create stress for the entire family. Simply offering your support and friendship is helpful.
5. Engage the person with dementia in conversation. It's important to involve the person in conversation even when his or her ability to participate becomes more limited.

6. Offer assistance to help the family tackle its to-do list. Prepare a meal or run an errand.
7. Engage family members in activities. Invite them to go on a walk or participate in activities.
8. Offer family members a reprieve. Spend time with the person with dementia so family members can go out alone.
9. Be flexible. Don't get frustrated if your offer for support is not accepted immediately.
10. Get involved with the Alzheimer's Association. Show your support by becoming an advocate or participating in Walk to End Alzheimer's.

Families living with Alzheimer's need support from family, friends, and their healthcare providers. They should not go on this journey alone. The ten steps above provide a great start. To learn more visit www.alz.org.

Information courtesy of the Alzheimer's Association and Ella Home Care.

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



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