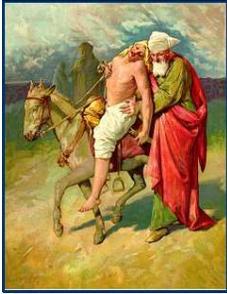

New Horizons Newsletter



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*"May
the
Lord
show
you*

His favor and give you peace."

(Nu. 6:26)

BEAR DOWN AND PERSEVERE

Dr. Pierre J. Samaan

At age thirty-three, author A.J. Cronin was a medical doctor living in London, England. Even though his medical practice was doing well, he felt flawed. He was often bothered by what he called a character flaw. He tended to give up too easily on the various projects he set out to accomplish. Dr. Cronin lacked perseverance.

"I wasn't a bad doctor," he said of himself. But, he wanted to accomplish more than just a professional career. His intensity to achieve gave him a very sensitive stomach. When he consulted with a colleague at the hospital, tests resulted in a diagnosis of gastric ulcers. During that time, the accepted treatment was six months of serenity in the countryside and a strict milk diet.

After settling his affairs in London, he journeyed to a small farmhouse in the Scottish Highlands. One week was all he could tolerate of forced idleness. He asked himself if there was ever something he always wanted to do, but never got around to it? After only a few minutes of thought, he recalled his ever present desire to write a novel.

Excited about his new plan to keep him occupied during his medical recovery, Dr. Cronin journeyed into the village to purchase writing material. Returning home, he sat down with paper and pen in hand. He must have stared at the blank sheet of paper for hours with no thought of what to write. With frustrations increasing, he decided to just write anything that came to his mind. Days later, he was no further ahead than when he started, except for a large pile of crumpled paper by his desk. This went on for three months.

Looking back at what he was able to write, he could make no sense of it and felt dismayed. "It was simply nonsense," he grumbled to himself. Tossing his material to the side, he stood up and went for a long walk, hoping to calm his upset stomach.

During his walk, he came across an elderly farmer who was working hard to turn a field of boggy ground into a more productive pasture. Dr. Cronin stopped and struck up a conversation with the farmer. He poured out his complaints about giving up on his dream

to write a novel. After listening for some time to Dr. Cronin's disparaging story, the elder farmer spoke up.

"No doubt you're the one that's right, doctor, and I'm the one that's wrong. My father ditched this bog all his days and never made a pasture. I've dug it all my days and I've never made a pasture. But pasture or no pasture, I cannot help but dig. For my father knew and I know that if you only dig enough, a pasture can be made here."

On his walk back, Dr. Cronin thought through what the elderly farmer had said. He decided he wasn't going to quit again. He was going to keep writing and have hope that something good will come out of it. "I will not be beaten, I will not give in, I wrote harder than ever." Toward the end of his last month of his health retreat, he completed his first manuscript and sent it off to a publisher.

As the days approached for him to return to London, he had forgotten about the manuscript. He received no messages of either acceptance or rejection of his novel. On the final day, he walked through the village to say goodbye to all those he met during his time of convalescence. His last stop was at the post office. When saying goodbye, the postman handed Dr. Cronin a message that had only just arrived. The telegram was from the publisher. The publisher wrote that Dr. Cronin's book, *Hatter's Castle*, was accepted for publication.

Because of a timely lesson, Dr. Cronin persevered in writing his book. *Hatter's Castle* later went on to be recognized by the Book Society, dramatized and serialized, translated into nineteen languages, bought by Hollywood, and sold millions of copies.¹

Deaf and blind from birth, famed Helen Keller signed, "We can do anything we want as long as we stick to it long enough."²

Most of us are going through hard times right now. Making adjustments may be necessary, but never give up on the God given desires of your heart. Every God given lesson has the purpose of making us stronger and wiser.

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in hope of the glory of God. And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us. (Romans 5:1-5 NASB)

For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope. Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus, so that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ. (Romans 15:4-6 NASB)

¹ Cronin, A.J., *The Turning Point of My Career; Getting the Most out of Life*, Readers Digest pp 1-6, Pleasantville, NY: The Reader's Digest Association, Inc., 1946. Edited from, Morgan, R., *Nelson's Complete Book of Stories, Illustrations & Quotes*, pp 611-612, Thomas Nelson Publishing, Nashville, TN, 2000.

² Ibid, p 608, Morgan, R.

Pray About Being a Prayer Partner & Financial Supporter

Please remember that we are not financially supported by a church. We pay our own way around here. To continue to be available to help you and yours, we need your financial help. We receive donations for the Christian counseling and there is no better time than now to help us help others.

A PRAYER FOR PERSERVERANCE

*Blessed and merciful Father God,
you have planted your seed of faith within me.
I heard the Word in my heart and I held onto it.
I am choosing to hold fast to the Word of Truth in Jesus Christ.
In always seeking to glorify You by doing good,
I pray that your Truth will produce in me,
the fruit of perseverance.
I believe You Lord,
when You said that my troubles would bring perseverance,
but these same troubles weigh heavy on my soul.
As I keep my thoughts on You my Lord.
my hope is in Your rescue.
I am encouraged when I read Your Word,
for it is as if life is being breathed into me.
With all my prayers and petitions,
I hope for more perseverance, so I will not fall short of the goal.
O Lord, help me through this time of tribulation.
In all persecutions and afflictions, I choose to pursue righteousness,
godliness, faith, love, perseverance and gentleness.
Keep me strong in all this O Lord, so I will endure.*

Dr. Pierre J. Samaan

**New Horizons Institute of Counseling/
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A Faith Based outreach ministry of the United Brethren in
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***YOU CAN READ OR DOWNLOAD PREVIOUS NEWSLETTERS IN THE "ARTICLES" SECTION OF OUR WEB SITE.**

"Seeking True Recovery to Replace Pain With Healing Peace."

Clinical Christian Counseling/Clinical Pastoral Counseling is crisis intervention and strengthening of Christian character and values, which is Discipleship. Our Ordained and Professional Clinical Christian Counselors are committed to the welfare of the Christian. Clients are encouraged to take advantage of their own church programs as part of their Christian Counseling Treatment Plan. We are credentialed professionals who must follow state confidentiality guidelines. This is not church Lay Counseling in which your confidentiality cannot be guaranteed.

*Professional Clinical Christian Counseling will help the client, couple, or family move beyond tolerable existence into genuine inner healing, renewal, and wholeness through the work of God's Holy Spirit in the counseling.**

Tolerable recovery is the process of getting better. True recovery says, "I made it!" This is when I can look at the source of my pain - which has become a stronghold - and realize it has been replaced with God's healing peace - Replacing the source pain with God's Truth.

***Clinical Christian Counselors are exempt from Florida State Licensing, Statute 491.014. All Christian counselors at New Horizons Institute of Counseling are Ordained Clergy, Board Certified & Licensed by the National Board of Examiners of the National Christian Counselors Association. We serve under the authorities of our licensing boards and the Pastor and Board of the UB church.**

NEW RESEARCH FINDINGS

'Never Married' Men Still More Likely To Die Of Cancer

It is known that the unmarried are in general more likely to die than their married counterparts and there is some indication that the divide is in fact getting worse. Read article at: <http://www.sciencedaily.com/releases/2011/10/111013213925.htm>

Can't Buy Me Love: Study Shows Materialistic Couples Have More Money and More Problems

New research to be published Oct. 13 confirms The Beatles' lyrical hypothesis and finds that "the kind of thing that money just can't buy" is a happy and stable marriage. Read article at: <http://www.sciencedaily.com/releases/2011/10/111013085237.htm>

Regaining Trust After a Transgression

"Sorry" may be the hardest word to say, but does simply owning up to misdeeds do anything toward regaining trust after a transgression or are words, as some say, cheap?

Read article at: <http://www.sciencedaily.com/releases/2011/10/111013135258.htm>

First Physical Evidence Bilingualism Delays Onset of Alzheimer's Symptoms

Researchers at St. Michael's Hospital have found that people who speak more than one language have twice as much brain damage as unilingual people before they exhibit symptoms of Alzheimer's disease. It's the first physical evidence that bilingualism delays the onset of the disease. Read article at:

<http://www.sciencedaily.com/releases/2011/10/111013121701.htm>

One In Four Believers Are 'Christians In Name Only,' According To Survey

Changing the Face of Christianity Inc., a non-profit corporation dedicated to reversing negative Christian stereotypes, has released the results of a quiz designed to determine how well Christians live the teachings of Jesus Christ. Through the quiz, the organization found that one in four self-proclaimed Christians admit that they do not live according to Christ's teachings. Read article at: <http://www.christianpost.com/news/one-in-four-believers-are-christians-in-name-only-according-to-survey-58496/>

Gratitude As An Antidote To Aggression

Grateful people aren't just kinder people, according to UK College of Arts & Sciences psychology Professor Nathan DeWall. They are also less aggressive. DeWall proves his point with five studies on gratitude as a trait and as a fleeting mood, discovering that giving thanks lowers daily aggression, hurt feelings and overall sensitivity.

Does Your Teen Have ADHD, A Drug Problem, Or Both?

Teens who have ADHD are twice as likely as other kids to smoke, drink, or use drugs. What's the connection — and what can you do to prevent your child from engaging in such risky behavior?

*To read the full article, click or copy and paste the URL. The articles are for informational & educational use only. The released studies are not necessarily a reflection of beliefs of this ministry.