

# New Horizons Newsletter



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## ISSUE

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*"May the Lord show you His favor and give you peace."*

(Nu. 6:26)

## ***CHRISTMAS 2012; What is Your Level of Peace?***

*By Dr. Pierre J. Samaan*

Have you ever wondered what it would be like if Christ's birth never happened? There would be no hope for eternity because there is no other faith/religion that gives proof that God exists through thousands of answered Bible prophecies. People in the world would still be living in the dark ages of fear and murder. Power and control would enslave and tyrannize people. Maniacal Narcissists would maintain their power through fear and persecution.

Is this so far fetched? After all, we see the results today of what happens when the tribes and their leaders of this world do not believe (actively live it out) in Jesus Christ.

Christmas is a time to celebrate the fact that we don't have to live in a world that is absent of the one true God. This was a most precious time in which God, King of all existence, removed His robe of Light and wrapped Himself in pigmented human skin. "He whom angels worship nestled Himself in the placenta of a peasant, was birthed into the cold night, and then slept on cow's hay" (Max Lucado).

Christ's birth represents God's grace and a final solution to sin. But first, God had to come in human form so we could experience Him on a personal level. From the day of His birth on, Jesus Christ draws people to Him. Jesus said that the purpose of His coming was "to seek and save the lost." He was the final solution to the heaps of sin that we had accumulated against God. "He breathed our air, felt our pain, knew our sorrows, and died for our sins" (Chuck Swindoll).

How can I maintain that close relationship with God, that the Disciples enjoyed? I want more of His presence in me all the time. How can I do that?

If you would like to opt-out of this newsletter email: [healing@newhorizonscounseling.com](mailto:healing@newhorizonscounseling.com)

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Recently, I read about a French monk who lived in the 1600's. They called him Brother Lawrence. This is what I read:

"Because his sense of inner peace was so profound, people were drawn to him for spiritual direction. Brother Lawrence would tell them about his efforts to keep his attention riveted on God no matter what he was doing, and how that filled him with peace and joy. He called it the practice of the presence of God.

'We should establish ourselves in a sense of God's Presence, by continually conversing with Him. It's a shameful thing to quit His conversation to think of trifles and fooleries,' he said. 'We need only to recognize God intimately present with us and to address ourselves to Him every moment.' It was this constant conversation with God that not only brought profound communion with God in the ordinariness of life, but also equipped Brother Lawrence to enjoy the presence of God in the pain of life. 'God sometimes permits bodily diseases to cure the distempers of the soul,' he said. 'Have courage then: ask of God, not deliverance from your pains, but strength to bear resolutely, for the love of Him, all that He should place, and as long as He shall please.'

God's very presence is His greatest gift to us. And yet I think it is a gift that most of us have never fully unwrapped. We've simply never embraced it for all of the intense joy and comfort it can give us. Maybe it's because we haven't believed the presence of God is enough to soothe and satisfy us. Come, let's learn to welcome His presence and walk in his presence. What could be sweeter?"<sup>1</sup>

I am so grateful to God that He had a plan to free us from the bondage and oppression of our sinful nature. Through Jesus Christ, we have hope and peace that is eternal. Through moment by moment communing with God, through Jesus Christ, we can have that inner peace of Brother Lawrence. What is your level of peace? Think of how much better it would be through an active and daily belief in the Son of God, Jesus Christ.

### **An Event for Everyone**

<sup>8-12</sup> There were shepherders camping in the neighborhood. They had set night watches over their sheep. Suddenly, God's angel stood among them and God's glory blazed around them. They were terrified. The angel said, "Don't be afraid. I'm here to announce a great and joyful event that is meant for everybody, worldwide: A Savior has just been born in David's town, a Savior who is Messiah and Master. This is what you're to look for: a baby wrapped in a blanket and lying in a manger."

<sup>13-14</sup> At once the angel was joined by a huge angelic choir singing God's praises:

Glory to God in the heavenly heights,  
Peace to all men and women on earth who please him.

<sup>15-18</sup> As the angel choir withdrew into heaven, the shepherders talked it over. "Let's get over to Bethlehem as fast as we can and see for ourselves what God has revealed to us."

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<sup>1</sup>Guthrie, Nancy, *The One Year Book of Hope*, p 105, Tyndale House Publisher's Inc., Carol Stream, IL, 2005.

They left, running, and found Mary and Joseph, and the baby lying in the manger. Seeing was believing. They told everyone they met what the angels had said about this child. All who heard the shepherders were impressed.

<sup>19-20</sup> Mary kept all these things to herself, holding them dear, deep within herself. The shepherders returned and let loose, glorifying and praising God for everything they had heard and seen. It turned out exactly the way they'd been told! (Luke 2:8-20 MSG)

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**UNITED BRETHERN IN CHRIST FOOD PANTRY**

**560 FLOMICH STREET**

**HOLLY HILL, FL**

**EVERY TUESDAY & THURSDAY**

**9 AM TO 1 PM**

**ONE MILLION POUNDS OF FOOD GIVEN TO FAMILIES IN 2012**

**BE A PART OF THIS BLESSING:**

**SEND DONATIONS FOR THE FOOD PANTRY TO THE CHURCH**

**WE BUY THE FOOD FOR PENNIES ON THE DOLLAR WITH YOUR DONATIONS \$**

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## **PLEASE CONSIDER US IN YOUR END OF YEAR GIVING!**

As we come to the end of 2012, we do so with a deep sense of thanksgiving and gratitude to God through his Son and our Savior, Messiah Jesus. When we're in God's plan and hands, it is always a good year.



We remain faithful to our mission to minister, inform, educate, heal, and reconcile. To be effective in Clinical Christian Counseling we need your help to see those Christians who need spiritual and faith based counseling. We are a Bible based outreach ministry and mission of the church that helps many who get well through professional intervention of spiritual counseling. We are seeing more families who cannot give a donation. But, we still need to pay our bills. PLEASE PRAY FOR US AND REMEMBER US IN YOUR YEAR-END GIVING. All gifts are tax deductible.

*We would like to give a special thanks to Mount Pleasant United Brethren In Christ church, Chambersburg, PA, for the very special missions gift of \$5,000.*

**YOU CAN DONATE ONLINE AT [WWW.NEWHORIZONSCOUNSELING.COM](http://WWW.NEWHORIZONSCOUNSELING.COM) USING OUR SECURE SERVER WITH PAYPAL OR MAKE CHECKS PAYABLE TO NEW HORIZONS INSTITUTE OF COUNSELING OR TO UNITED BRETHERN COUNSELING MINISTRY**

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### **New Horizons Institute of Counseling/ United Brethren Counseling Ministry**

**A Faith Based outreach ministry and mission of the United Brethren in Christ Church**

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

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*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(s) 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.*

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**\*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.**

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## **NEW RESEARCH FINDINGS**

### **[IRON SUPPLEMENTS REDUCE BEHAVIORAL PROBLEMS IN LOW BIRTH WEIGHT KIDS](#)**

Low birth weight infants who receive iron supplements have a lower chance of developing ADHD (attention deficit hyperactivity disorder) and other behavioral problems later in life. The finding came from Swedish researchers at the Department of Clinical Sciences, Umeå University, along with colleagues at the Karolinska Institute, and was published in the January 2013 issue of the journal Pediatrics. Read article at:

<http://www.medicalnewstoday.com/articles/253820.php>

### **[HOW CAT LITTER PARASITE TOXOPLASMA GONDII INFLUENCES THE BRAIN](#)**

New research led by a team at the Karolinska Institutet in Sweden reveals for the first time what the common "cat litter parasite" Toxoplasma gondii does once it gets into the brain. The study is important in the light of recent observations linking the parasite to risk-taking and other human behaviours, and associations with mental illness. Read article at:

<http://www.medicalnewstoday.com/articles/253802.php>

### **RELEASING' PEOPLE FROM CATHOLIC GUILT INCREASES GENEROSITY TOWARDS CHURCH. RESEARCH SHOWS**

People who recall being absolved of their sins, are more likely to donate money to the church, according to research published in the journal Religion, Brain and Behavior.

### **HOW THE GOSPEL FREES US FROM PSYCHOLOGICAL OPPRESSION**

Christianity is often pejoratively referred to as "dirty rotten sinner" religion. Our detractors will often say something like this: "Christians tend to be so guilt-ridden. They feel that they have to go through life degrading themselves in order to win God's approval. I find that very depressing. Instead, I want a spirituality that's positive, freeing, and one that will make me feel good about myself." Read article at:

<http://www.equip.org/articles/how-the-gospel-frees-us-from-psychological-oppression/>

### **KIDS' SLEEP-RELATED BREATHING PROBLEMS**

Children with sleep-related breathing problems (such as snoring or apnea) frequently have concurrent behavioral sleep problems (such as waking repeatedly) - and vice versa, according to research led by a scientist at Albert Einstein College of Medicine of Yeshiva University. Read article at: <http://www.medicalnewstoday.com/releases/253734.php>

### **HOW TECHNOLOGY IS INFLUENCING FAMILIES**

The digital age is affecting more than how America communicates. It is also shaping parent-child relationships in striking new ways. Read article at:

<http://www.barna.org/family-kids-articles/488-how-technology-is-influencing-families>

### **ADOLESCENTS UNDER PRESSURE TO SPEAK PROPERLY**

As adolescents transition to adulthood, the pressure to meet adult expectations -- such as speaking properly -- may be greater than expected, according to a new study by a Michigan State University researcher. Read article at:

<http://www.sciencedaily.com/releases/2012/12/121205151833.htm>

### **STUDY FINDS LINK BETWEEN HIGH SCHOOLERS' HOPES, EDUCATIONAL ATTAINMENT**

It turns out that the high school guidance counselor was right. Students who have high aspirations and put thought into their futures during their high school years tend to reach higher levels of educational attainment, according to a recent study. Read article at:

<http://www.sciencedaily.com/releases/2010/11/101102164004.htm>

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