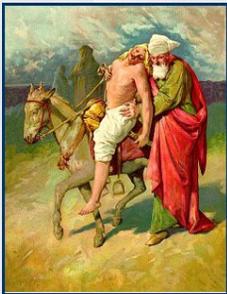


New Horizons Newsletter



Director

Pierre J. Samaan, Ph.D.

Telephone: 386-760-0445

Toll Free: 888-760-0445

www.newhorizonscounseling.com

ISSUE

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

(Nu. 6:26)

[Read: Matthew 27: 33-38; chp. 28: 1-11](#)

THE CROSS OF CHRIST IS PROOF ENOUGH

When I was a young man, I was searching for adventure and fun. I enlisted in the U.S. Air Force for the adventure. I tried to have fun wherever I wound up. By the time Monday morning came around, I questioned whether I was really having fun at my own expense. I often asked myself, "What is the point of it all?" When I found Christ, I found the point and the proof.

After a stint in the military, I came home and married my beautiful wife, Linda. We are still married to this day. It has been over forty years, and I can still see her beautiful self walking down the church aisle. I was raised in an orthodox denomination and was getting married in a church because that was what I was supposed to do.

I had little true understanding of the faith I claimed to be. I tried to be good and not hurt anyone. I went to church once in a while, that means on the holidays. But, there was no true understanding of what it meant to be a follower of Christ until two years into our marriage when I prayed the "Believer's Prayer".

Spring forward to the present day. At this moment, I am sitting at my computer typing this message in a great deal of physical pain due to back and neck trouble. Yet, I am sitting here happier than I have ever been in my entire life. Right now, you're probably asking yourself, "How can that be?" I just asked myself the same question. That does seem like a contradiction.

I guess the best way I can explain myself is in using the Apostle Paul's words, ¹¹ *Not that I am implying that I was in any personal want, for I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am.* ¹² *I know how to be abased and live humbly in straitened circumstances, and I know also how to enjoy plenty and live in abundance. I have learned in any and all circumstances the secret of facing every situation, whether well-fed or going hungry, having a sufficiency and enough to spare or going without and being in want.*

¹³ *I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency]. Philippians 4:11-13 AMP*

That does not mean that I walk around with a hop in my step or a smile on my face. It means that I can rest in the arms of Jesus when I have done all that I can do. It means that whatever is happening I "choose" to think *God thinking* and rest on His promises. I do my best to draw on God's power and strength through *The One New Man, Christ Jesus, Messiah*.

He set the example for me to live by, whether I am in good times or bad. I do my best to be satisfied with what I have and take the focus off what I do not have. The Apostle Paul was saying to learn to be satisfied. God will supply what I ask Him for in a way that He knows is best for me.

The other night we used a coupon to go eat at one of our favorite restaurants. On my way there I was feeling good, looked down at the car's odometer and thought it may be time to get a new car. I talked about it with my wife on the way to the restaurant. But, after eating and having a full stomach, I felt satisfied. I then looked at the odometer and thought, "I am going to be satisfied with this car. I don't really need a new one." There is a difference between my needs and my wants. My appetite and attitude can change if I do not act impulsively and take my time with decisions.

When I think about what Christ unselfishly did for me on the Cross, I remind myself to be content in all circumstances. The proof is in what happened leading up to the Cross and after. Even though the disciples only knew Jesus during the last three years of His mortal life, the Cross and ensuing Resurrection permanently changed their lives. Even after seeing the dead raised and the sick healed, the disciples were so frightened of the Roman soldiers and the Hebrew authorities, they left Jesus to go hide. After the Cross and resurrection, they became bold and courageous in the face of adversity and certain death.

The Proof Is The Cross

- ▲ Because of Good Friday, you can look back and not be afraid.
- ▲ Because of Easter, you can look ahead and not be afraid.
- ▲ Because of Resurrection Day, you can look up and not be afraid.
- ▲ Because of Pentecost, you can look inward and not be afraid.¹

May God infuse inner strength into each of you that believe and live according to the teachings of *The One New Man, Christ Jesus, Messiah*. May God give you contentment in all things because of your faithfulness in the Gospel. May Jesus Christ's life make it easier for you to follow His example. May the Cross be an ever present reminder to stay humble and appreciative for Christ's suffering and death for your forgiveness. And, may the Resurrection of Jesus Christ be a changeless reminder to give you hope that God has promised to do the same for you.

Dr. Pierre J. Samaan

¹Bullets are quoted from Morgan, Robert, (2000) *Stories, Illustrations & Quotes*, p 250, Thomas Nelson Publishers, TN



UNITED BRETHREN IN CHRIST FOOD PANTRY
560 FLOMICH STREET
HOLLY HILL, FL
EVERY TUESDAY & THURSDAY
9 AM TO 1 PM

<http://www.youtube.com/watch?v=DGIVuqaOPN4>

**New Horizons Institute of Counseling/
United Brethren Counseling Ministry**
*A Faith Based outreach ministry of the United Brethren in
Christ Church*
560 Flomich Street, Holly Hill, FL 32117
Counseling Office:
4645 Clyde Morris Blvd.
Suite 408
Port Orange, FL 32129-3005
Phone: 386-760-0445
Toll Free: 888-760-0445
Fax: 386-761-1402
E-mail: healing@newhorizonscounseling.com
Web: www.newhorizonscounseling.com



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New Horizons Institute of Counseling, 4645 Clyde Morris Blvd., Suite 408, Port Orange, FL 32129
386-760-0445, Toll Free 888-760-0445

"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

162 REASONS TO MARRY

New report identifies 162 benefits of being married. Marriage is the foundational structure for all societies. Families thrive when husband wife marriages are their heritage. Read article at: <http://www.frc.org/marriewebsite/162-reasons-to-marry>

CANNABIS USE DOUBLES CHANCES OF VEHICLE CRASH

Drivers who consume cannabis within three hours of driving are nearly twice as likely to cause a vehicle collision as those who are not under the influence of drugs or alcohol claims a paper published recently on the *British Medical Journal* website. Read article at: <http://www.sciencedaily.com/releases/2012/02/120210111254.htm>

YOUNG CHILDREN EXPOSED TO ANESTHESIA MULTIPLE TIMES SHOW ELEVATED RATES OF ADHD

Mayo Clinic researchers have found that multiple exposures to anesthesia at a young age are associated with higher rates of attention-deficit/hyperactivity disorder (ADHD). Read article at: <http://www.sciencedaily.com/releases/2012/02/120202092259.htm>

FACEBOOK IS NOT SUCH A GOOD THING FOR THOSE WITH LOW SELF-ESTEEM, STUDY FINDS

In theory, the social networking website Facebook could be great for people with low self-esteem. Sharing is important for improving friendships. But in practice, people with low self-esteem seem to behave counter-productively, bombarding their friends with negative tidbits about their lives and making themselves less likeable, according to a new study which will be published in *Psychological Science*, a journal of the Association for Psychological Science. Read article at:

<http://www.sciencedaily.com/releases/2012/02/120201181459.htm>

BABIES' COLIC LINKED TO MOTHERS' MIGRAINES

A study of mothers and their young babies by neurologists at the University of California, San Francisco (UCSF) has shown that mothers who suffer migraine headaches are more than twice as likely to have babies with colic than mothers without a history of migraines.

Read article at: <http://www.sciencedaily.com/releases/2012/02/120220203001.htm>

CHILDREN WITH ABNORMAL BREATHING IN SLEEP - SHOW TENDENCY FOR BEHAVIORAL PROBLEMS

Researchers at Albert Einstein College of Medicine of Yeshiva University studied more than 11,000 children and published their findings in today's (5th March 2012) *Pediatrics*. They have shown that younger children that have sleep disordered breathing have a tendency to develop behavioral difficulties, such as hyperactivity and aggressiveness, as well as emotional symptoms and difficulty with peer relationships. Read article at:

<http://www.medicalnewstoday.com/articles/242491.php>

***ASPIRIN REDUCES CANCER RISK**

Three new studies published in *The Lancet* bolster the mounting evidence that for people in middle age, taking a low dose of aspirin every day can help prevent cancer, particularly if they are at increased risk of the disease.

Read article at: <http://www.medicalnewstoday.com/articles/243171.php>

*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. Any medical information is not intended to be a substitute for informed medical advice and you should not take any action before consulting your medical or health care professional.