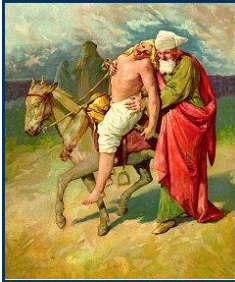


New Horizons Newsletter



Director

Pierre J. Samaan, Ph.D.

Associates

Nona K. Damore, Ph.D.

Suzanne H. Dyer, M.A.

386-760-0445;

Toll free 888-760-0445

www.newhorizonscounseling.com

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

(Nu. 6:26)



December 2010 Issue

A GIFT OF LIFE!

I have a love-hate relationship with Christmas. I love the reminder of the birth of our precious Lord and Savior, Jesus Christ. I love honoring God's gift to us by sharing gifts with one another (As I get older, I realize I am having more fun giving gifts than receiving them). But, what I hate about Christmas is the added stress it gives me with the "*#!!!" Christmas tree and outside decorations. Forgive me, I digress! Sit back for a moment and let me tell you about a true Christmas story.



During the Christmas season of 1910, in Czechoslovakia, diphtheria devastated the village of Velky Slavhov. The infectious disease infected nearly half the villagers. The children were the most affected in the village. The front of the home of a sick villager would be marked with a large "X" as a warning of quarantine to the village.

Jano and Suzanna Boratkova, had a large "X" marked on their home. Within a week, this young couple of three children became childless. Their daughter was the oldest, at five years of age. She was the first to succumb to the disease. Their two sons followed shortly afterward. As they passed, Suzanna was devastated and broke down sobbing for her children.

As was the custom, she washed their little bodies, and wrapped them before placing them into Jano's recently built wood coffins. Jano and Suzanna helped each other lift the three coffins onto the wagon. Slowly, they journeyed through the village and up to the designated graveyard for the victims of the diphtheria. It was harshly cold and foggy that day as they passed the many homes that were marked with the "X." No one came out to help the grieving parents because they were all afraid of contracting the disease.

Jano and Suzanna struggled through the Lord's Prayer as they stood over the graves. They felt the weight of the world on their backs as they journeyed home. There was no comforter waiting for them at home because of the fear of the disease. The home was a frightening, dark tomb. As if the children were in bed, the couple saw their little shoes

If you would like to opt-out of this newsletter email: healing@newhorizonscounseling.com

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

lined up against the wood burning stove. But now, the house was empty and the shadows were deep and cold.

As if forgotten by the grief of the loss of their children, Jano was also sick. Through his wheezing and coughing, he said to his wife, "I won't see another Christmas." "I don't think I'll see the New Year in, either." The diphtheria was closing his throat



making it hard to eat; he pushed away the soup and drink. Swallowing was too painful. It was like a noose around his neck, closing off his airways. Sure that he was about to die, Suzanna tried to comfort him by lighting a fire and stoking it with more kindling.

She looked outside because the snow was starting to fall again. In her thoughts she recalled a verse of scripture - Psalm 121:1: *I will lift up mine eyes unto the hills from whence cometh my help. My help cometh from the Lord who made heaven and earth.*

Within moments, she saw a figure through the falling snow walking toward the house. It was a peasant woman struggling through the snow to get to the front door. She was wearing a red and purple plaid shawl draped over her hunched shoulders. Wrapped around her head was a kerchief. The dress she wore was a bright color of cotton patchwork. The woman was carrying a jar of clear liquid.



Suzanna answered the knock on the door by cautiously opening it. To warn the woman, Suzanna said, "We have the plague in our home, my husband is in a fever." Understanding what was said, the old woman simply nodded and asked to come inside. Inside, the old woman held out the jar of liquid and said, "Take a clean, white linen and wrap it around your finger. Dip your finger into this pure kerosene oil and swab out your husband's throat, and then have him swallow a tablespoon of the oil. This should cause him to

vomit the deadly mucous. Otherwise, he will surely suffocate. I will pray for you and your family."

Leaving her folk remedy to stop the diphtheria, the peasant woman turned and left. As if to believe it would work, Suzanna followed the old woman's instructions. On Christmas morning, Jano coughed up the deadly phlegm. The fever broke, and hope returned to Suzanna's heart. Under the Christmas tree, that year, there were no presents. But, there was the present of an old woman with a jar of liquid and the gift of life. Of course, Jano recovered and in time, God gifted them with more children.

They emigrated to the U.S. in the 1920's, with a set of triplets and two sets of twins, to make a total of eight children.

This is a true story that has been handed down the generations of Jano's and Suzanna's family. Like the little peasant woman who came on Christmas Eve bearing the gift of life, Jesus Christ came to give all who believe life everlasting. God's gift of life is for the hopeless, grieving, starving, and dying people of planet earth. He came for both the Jew and Gentile and for you and me.¹

¹ Ruckman, Kathleen, "A Christmas Miracle," in Focus on the Family Magazine, pp 12-13, December, 1988.

Christians Awake!

"'What would you like for a Christmas present?' To any young girl such a question would evoke delighted visions of long wished - for possessions, but to Dolly the answer to her father, John Byron, was, "Please write me a poem." So on Christmas morning in 1749, Dolly found on her plate at breakfast a piece of paper on which was written a hymn entitled, "Christmas day, for Dolly."

Soon after, John Wainwright the organist of Manchester Parish Church wrote a tune for it. On the following Christmas morning, Byron and Dolly were awakened by the sound of singing below their windows. It was Wainwright with his choir singing, Dolly's hymn, 'Christians, Awake.'

CHRISTIANS, AWAKE

'Christians, awake, salute the happy morn.
Where-on the Saviour of the world was born;
Rise to adore the mystery of love:
Which hosts of angels chanted from above;
With them the joyful tiding first begun
Of God incarnate and the Virgin's Son. . .'²

Merry Christmas from our staff and families,
Dr. Pierre J. Samaan

² Tan, Paul Lee, Editor, "Encyclopedia of 7,700 Illustrations," Twelfth printing 1991, p 882, Bible Communications, Inc., Garland, TX.

Pray About Being a Prayer Partner & Financial Supporter

I am learning how to use our Oracle Office Suites computer program. My son Robert, gave me the information on getting this free office program. The closer we get to Christmas the higher the debts pile up. That is true for most of us. This Christmas consider rotating the old gifts with a new one by giving the old one to your church Thrift Shop.

Last month Suzanne H. Dyer, M.A., decided to retire from Clinical Christian Counseling. December 1 was to be her last day with us. Suzanne is loved by all of her clients. She has been with this office for over eight years. Her husband Craig Dyer is Assistant Public Defender for our district. She has three adult children who are doing very well for themselves. Suzanne is also a gifted artist. Our prayers go with you Suzanne.

PRAYER REQUESTS:

- **Miracle:** Josh's white blood cell count dropped from 300,000 down to 5,000 in about 6 weeks. Last month we asked for healing prayers for Pastor Josh McKeown of our United Brethren In Christ Church. He is the youngest son of the senior pastor, Chuck McKeown. Pastor Josh was accepted to be part of a clinical study on the only medication designed to fight against chronic myelogenous leukemia. He must return to MD Anderson Cancer Clinic in Houston, TX, every three months. He receives the expensive Rx for free, but he must pay for his trips to Houston and back. If you can help financially, please do. If not, you can still pray for Josh and family. While he was at the the clinic the King of Saudi Arabia was also there for Cancer treatment. **God sent Josh to the best cancer clinic in the world.**
- Barbara Senkovich, my mother-in-law is recovering nicely. We thank you for your prayers and ask that you will continue to pray for her bypass recovery. Seeing our boys and their families over the holiday was like a B-12 shot in the arm for all of us.
- We have a couple who is praying to get legal custody of a grandchild. The parents are in jail and will not be coming out in the near future. Please pray that God, who already knows all the details, will have mercy on this toddler and the grandparents. We pray that God will give guardianship to these grandparents who are very capable of loving and caring for this child who is in Foster Care.
- There are many couples who are estranged in their marriages. Please pray that circumstances will change that will cause them to give their marriages another chance; this time with Clinical Christian Counseling.
- There are many who are being turned down for bank loans for no good reason. Please pray that God will direct their ways in the future to a special blessing.
- Pray for all of the recovering alcohol and drug addicts who are currently in recovery. The Christmas holiday is particularly difficult for them. If you know some, take the time to encourage and show support for them.
- Several court cases will be decided this month. Pray that God will influence the Judges to do whatever is best and right for each case.
- We need daily prayer partners who will dedicate a moment of each day to pray for the Clinical Christian Counselors and clients.

Recently, I seemed to be seeing many marital couples in distress. They were hanging on through

If you would like to opt-out of this newsletter email: healing@newhorizonscounseling.com

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

the year. But, the added stress that comes along with the holidays has pushed them into more conflict. Often, I will see one partner who wants the reconcile while the other is just going through the motions because they are not committed to the marriage. I feel sad because I know had they come sooner we would have had time to teach relationship skills or tear down childhood strongholds. Please pray for the couples in counseling each and every day. While sitting at my desk praying for these couples, I felt an impression from the LORD saying, *"If they first love ME, they will be better able to learn how to love each other."*

Your donations help us to continue helping others. If you have a business or ministry, please consider adding us to your budget for future donations to this tax exempt counseling ministry. We do not turn away those who cannot give a donation for their counseling; we do not believe Jesus would either. But, the fact remains, we have to pay our expenses.

Thank You!

New Horizons Institute of Counseling/ United Brethren Counseling Ministry

A Faith Based outreach ministry of the United Brethren in Christ Church, Holly Hill, FL.

4645 Clyde Morris Blvd.

Suite 408

Port Orange, FL 32129-3005

Phone: 386-760-0445

Toll Free: 888-760-0445

Fax: 386-767-4826

E-mail: healing@newhorizonscounseling.com

Web: www.newhorizonscounseling.com

"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.

NEW RESEARCH FINDINGS

[More Substance Abuse Treatment Centers Are Providing Nicotine](#)

If you would like to opt-out of this newsletter email: healing@newhorizonscounseling.com

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

[Replacement Therapy To Help Patients Quit Tobacco Use](#)

The percentage of substance abuse treatment facilities offering nicotine replacement therapy to clients gradually increased by about 6 percentage points from 2006 to 2009, according to a new Spotlight report issued by the Substance Abuse and Mental Health Services Administration (SAMHSA) released in conjunction with the "Great American Smoke-out. Read article at:

<http://www.medicalnewstoday.com/articles/208560.php>

[Brain Changes Linked To Depression Caused By Light At Night](#)

Exposure to even dim light at night is enough to cause physical changes in the brains of hamsters that may be associated with depression, a new study shows. Researchers found that female Siberian hamsters exposed to dim light every night for eight weeks showed significant changes in a part of the brain called the hippocampus. Read article at:

<http://www.medicalnewstoday.com/articles/208427.php>

Gene Links to Anorexia Identified: Largest Genetic Study of the Eating Disorder Detects Common and Rare Variants

Scientists at The Children's Hospital of Philadelphia have identified both common and rare gene variants associated with the eating disorder anorexia nervosa. In the largest genetic study of this psychiatric disorder... Read article at:

<http://www.sciencedaily.com/releases/2010/11/101119120840.htm>

Cholesterol-Lowering Statins Boost Bacteria-Killing Cells

Widely prescribed for their cholesterol-lowering properties, recent clinical research indicates that statins can produce a second, significant health benefit: lowering the risk of severe bacterial infections such as pneumonia and sepsis. Read article at:

<http://www.sciencedaily.com/releases/2010/11/101117121755.htm>

[Cannabis Compounds Found To Trigger Unique Immune Cells Which Promote Cancer Growth](#)

An international team of immunologists studying the effects of cannabis have discovered how smoking marijuana can trigger a suppression of the body's immune functions. The research, published in the European Journal of Immunology, reveals why cannabis users are more susceptible to certain types of cancers and infections. Read article at:

<http://www.medicalnewstoday.com/articles/209346.php>

New Brain Scan Diagnosis Autism in Adults

UK scientists have developed a new type of brain scan that only takes 15 minutes and can diagnose autism in adults with over 90 per cent accuracy: they hope to develop it so it can be used to screen children for autism spectrum disorders... Read article at:

<http://www.medicalnewstoday.com/articles/197424.php>

[Binge Drinking Tied To Double Risk Of Heart Disease](#)

A study that compared the drinking patterns of middle aged men in France to counterparts in Belfast in Northern Ireland, found that binge drinking was linked to nearly double the risk of heart disease, suggesting that Belfast's binge drinking culture, where there is a tendency to drink a lot of alcohol in one day at the weekend, could be fueling the city's high rate of heart disease. Read article at: <http://www.medicalnewstoday.com/articles/209169.php>

If you would like to opt-out of this newsletter email: healing@newhorizonscounseling.com

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

[Alcohol Is Most Harmful Drug, Followed By Heroin And Crack](#)

Alcohol is the most damaging drug to the drinker and others overall, heroin and crack are the second and third most harmful, Professor David Nutt and colleagues wrote in the medical journal The Lancet today... Read article at:

<http://www.medicalnewstoday.com/articles/206300.php>

New Research Explores the Long-Term Effect of Spiritual Activity Among Children and Teens

The types of Americans most likely to recall religious participation as teenagers were evangelicals (61%), those ages 65-plus (60%), born again Christians (58%), Catholics (58%), women (56%), political conservatives (56%), residents of the Midwest (56%), married adults (55%), and Protestants (54%). On the other hand, atheists and agnostics (19%), members of other faith groups (30%), unchurched adults (31%), never-married individuals (33%), economically downscale adults (40%), and men (44%) were the least likely to have frequently attended Sunday school or other religious programs during their teen years. Read article at:

<http://www.barna.org/family-kids-articles/321-new-research-explores-the-long-term-effect-of-spiritual-activity-among-children-and-teens>

***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.**