



Perhaps-Today NEWS

Perhaps Today Ministries

OCTOBER
EDITION

Fundraiser Cancellation

Cancellation notice from Cheryl Ciambotti CEO of Perhaps Today Ministries:

Unfortunately, our 2015 Fall Fundraiser has been canceled. Due to some unforeseen circumstances I needed to cancel the fundraiser for this year. I apologize for any inconvenience this may cause anyone.

You can be looking in the mail for further information on how you can still support Perhaps Today Ministries with your tax-deductible donation to this very worthy cause to help with another year of counseling, education and benevolence for the disadvantaged, hurting and those in great need.

We appreciate your patronage and prayers!

Blessings,
Cheryl Ciambotti
Founder/Counselor
Perhaps Today Ministries

How Eight Became Ten



By Laura L.W. Horan

The month of October has its own story. It used to be the 8th month, in the early Roman, Hebrew, Greek, Canaanite, and Babylonian calendars. "Octo" in Latin means 8. In those times, only 10 months were used starting with March and ending with December. However, the 8th month was originally called "Bul." I Kings 6:38 "And in the eleventh year, in the month Bul, which is the eighth month..." (KJV). Bul, was a combination of October and November as one month. This was the time for olive harvest and grain planting, as well as the rainy season. The Great Flood occurred during one of those rainy seasons.

King Numa Pompilius of Rome added January and February, which bumped October to the 10th month. The name October stayed the same,

even though it no longer was the 8th month. When Julius Caesar came into power, he wanted to have the seasons more aligned with the moon, and so he added Leap Year although it still wasn't accurate. He and others of his day used the moon and the sun to record or chart time, so they knew when to plant, harvest, and plan their festivals. They didn't know it, but they were following the plan of God. Psalms 101:9 He appointed the moon for seasons..." (KJV).

Pope Gregory XIII, in the year 1582, took Julius's changes and refined them. The Julian record-keeping was off by 10 days. In Gregory the XIII's modifications, he wanted to change the date of Easter, to keep it in the spring equinox. However, there was much controversy and opposition over the new calendar. Because of these oppositions, it has taken the international world hundreds of years to adopt the new system. In fact, just sixty-six years ago in 1949, China finally accepted the Gregorian way. Today, most of the world follows the Gregorian calendar.

October, meaning eight, is the new ten.

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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)). Now we will identify 9 specific species of ANTS (Automatic Negative Thoughts) in order to take their power away over our lives. Particularly harmful ants will be highlighted red. This month we will look at the first three.

Ant 1 - "Always or never thinking." This happens when you think something that happened will "always" repeat itself. Some examples are: No one will ever call me. I'll never get a raise. Everyone takes advantage of me. These thoughts make you feel sad and upset and activate the limbic system.

Ant 2 - "Focusing on the Negative." This occurs when your thoughts only see the bad in a situation and ignore any of the good parts. Daniel Amen speaks of treating professional speakers that would receive evaluations after speaking. If they read 98 positive and 2 negatives, they would focus in on the 2 negatives. To stay focused on the negative makes you feel bad but to redirect on the positives can help you feel better.

Ant 3 - "Fortune Telling." This is where you predict the worst possible outcome. These thoughts make you feel tense and when you predict things you can make them actually happen. An example would be driving home, you predict the house will be a mess and no one will be interested to see you. By the time you get home, you are ready for a fight. When you see one thing out of place and no one running to greet you, you explode and ruin the night. These ants can ruin your chances for feeling good.

Let's look at some ways to kill these ants:

Ant 1 - "Always" or "Never" thinking:

Thought - You never listen to me!

To kill the ant say - "I get frustrated when you don't listen to me but I know you have listened to me before and will again."

Ant 2 - Focusing on the Negative

Thought - Oh brother! It's another rainy day

To kill the ant say - "It's rainy today. That's a good chance to catch up on things inside."

Ant 3 - Fortune Telling

Thought - The whole class will laugh at me.

To kill the ant say - "I don't know that. Maybe they will really like my speech."

Making a Difference - With Pink Hands of Hope

By Sherry Myers

Make a Difference Day is held each year on the 4th Saturday of October. Millions of volunteers across the nation volunteer their time to make a difference in others' lives on this day. It is the largest national day of community service and has been in effect for over 20 years. Make a Difference Day is a USA Today initiative with other organizations joining in and seeing the power and difference it makes.

There are many benefits to helping others. One way to get your mind off of your own problems is to help someone else in their time of need. There are 71 verses in the Bible about neighbors helping neighbors. A few examples are Luke



6:31 "and as you wish that others would do to you, do so to them." Galatians 6:10 "So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith."

There are many ways and places we can volunteer our time, money, and resources. One



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“Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.”
Galatians 6:9

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Making a Difference (Cont.)

such place is Pink Hands of Hope Thrift Store in Mechanicsburg, PA, co-founded by Brian Gaughen. After Brian’s wife was diagnosed with cancer, he tried to get help for the extreme financial burden and was unable to secure any financial assistance. Once his wife’s health recovered, he began pursuing his vision to help others facing the same situation.

Pink Hands of Hope is located at 5325 E Trindle Rd in Mechanicsburg and hosts a parlor in the front of the store where women in need are ministered to and can receive, free of charge, wigs, clothing, and other non-pharmaceutical products to help with the effects of chemo. The thrift store carries discounted clothing, household items, furniture, etc. The proceeds

from the store fund the supplies offered to women in need. Brian is also involved in other programs that benefit these courageous women. Last year, 237 women were helped and 165 women have benefited from their services so far this year. They are always in need of volunteers, donated items (especially winter clothing right now), and monetary donations.

Perhaps Today Ministries is always in need of volunteer and financial assistance as well.

Wherever your ability lies to give, be it time, donations, or money, get involved in Make a Difference Day this year on October 24th and be amazed at the difference it makes in you!

Hope Springs Eternal

By Tom Dardick

Last month I wrote about potential impending doom and gloom. But despite volatility in the markets, the barbarism and violence of Islamofascism, hostile clashes with Russia and China, and domestic race and immigration tensions, there are plenty of reasons to be hopeful.

Perhaps the area that holds the most hope for me is technological innovation. It is the hallmark of our time. Society is being transformed by technology. This will not only continue but accelerate. Ray Kurzweil, one of the most accomplished and respected futurists, predicts radical change, and soon. He believes that the way we live in the world will be so different than we do today that will we experience an inflection point. In his 2006 book *The Singularity is Near*, he predicts the timeframe to be around 2049. I’ll leave it to you as to whether you believe this and whether you think it is a good or bad thing.

Kurzweil’s approach is this: he plots the growth curve of a particular technology, analyzes its theoretical limits, and looks at the capabilities and implications at that ultimate point. You may be familiar with one of the most famous of these growth curves; it’s known as Moore’s Law. Originally applied to integrated circuits by Intel’s founder, the history of this analysis shows how mind-bogglingly complex the world truly is. It makes prediction near folly. But it’s still fun.

The technologies that hold the most potential

for transformation are: Artificial Intelligence, Robotics, Nanotechnology, Superconductivity, Medicine, and Genetics. These technologies hold the following potentials:

- End of world hunger
- End of disease/suffering
- End of pollution/waste disposal
- End of the need for menial labor
- Radical extension of life
- Expansion of human intelligence
- The preservation/recreation of all possible lifeforms
- Non-biological consciousness
- The obsolescing of major bodily systems such as cardio-pulmonary and gastrointestinal
- Unlimited localized energy sources
- Seamless virtual reality
- Mind cloning

Of course no path is without its potholes and bumps. There will be difficulties with these and in other areas we cannot predict. Human nature does not change along with technology. Our base desires will remain. This means that there will be those who use technology for their own ends, regardless of the cost to others. The downside is the stuff of science fiction



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Hope Springs Eternal (Cont.)

plots. Powerful technologies can not only build possibilities, but cause nightmare destruction.

I confess that I don't worry that much about that. Could we build SkyNet (The Terminator), Gray Goo (Engines of Creation), HAL 9000(2001: A Space Odyssey), or Omnium/Erasmus (Dune: The Butlerian Jihad)? Sure. It's just not likely to have the devastating effects that we fear.

My faith tempers my worry about what mankind will do. I believe that man cannot trump God's plan, that we are a part of it. We do what we're supposed to do. The drama of today and tomorrow are largely our own creations. We choose whether or not we will waste energy worrying about it. In the end in God's timing, it's all good.

6 Tips to Stay Mentally Sharp as You Age



By Kirk Brechbiel

We're all getting older, but that doesn't mean our brains need to show the same signs of aging that our bodies do. There are everyday health habits that can help slow or reverse an aging brain. Try these tips to stay mentally sharp:

Tip #1: Learn Something New

Whether it's playing an instrument or diving into a new foreign language, learning something new and working outside your comfort zone involves many different areas of the brain.

Tip #2: Use Your Hands

Eye-hand coordination is both visual and tactile, and will fill the brain with activity. Something as simple as throwing a ball or using your non-dominant hand can build brain power.

Tip #3: See Something New

Get out of your normal routine and experience something new, like an art exhibit. You will

get even more benefit from the experience by writing down what you did and what you learned, or researching something that interested you. Then, discuss the experience with family and friends."

Tip #4: Memorize

This can be as simple as memorizing a new word, or lyrics to a song, every day. Write the lyrics down, then sing along. That careful listening will sharpen thinking.

Tip #5: Eat Antioxidants

Foods like blueberries and dark chocolate contain antioxidants, which scavenge free radicals, the cause for age-related human diseases. Bonus: foods high in antioxidants may also delay or prevent cancer and neurodegenerative diseases, like Alzheimer's.

Tip #6: Move

Activity pumps up brain function and has been shown to increase the number of brain cells in the hippocampus. Fifteen to 30 minutes of exercise, three times a week, will lessen the chance of developing Alzheimer's.

It's all about maintaining and building new neural pathways, the roads in our brains that carry information. Keeping those pathways elastic and creating new brain cells can help improve brain function at every age, and there are lots of ways to do that.



Volunteer opportunity!

Secretary/Manager

Someone who has a passion for ministry and wants to use their talents and gifts to open doors so Perhaps Today Ministries can help more people. If you know someone, or you yourself have an interest, please contact Cheryl at Counselor@perhaps-today.com.



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