



# Perhaps-Today NEWS

Perhaps Today Ministries

## Are You A Perfect Mom?

Many moms on Mother's Day feel shame and guilt for not being all that they think they should be. Women perceive shame differently than men. For women it is about getting it all done and doing it perfectly. The Enjolie commercial by Revlon Perfume, "I can bring home the bacon, fry it up in a pan, and never let you forget you're a man!" is the epitome of how shame works for women. What if you CAN'T get it all done and do it PERFECTLY? None of us can.

If you feel like this you are not alone. At Perhaps Today Ministries we want to help you deal with those feelings of shame and guilt. They can control you and cause you to accept things you otherwise would never be OK with. Children can learn early to manipulate you with these feelings; employers can ask more of you, people can take advantage of your generous love for them if you don't see it happening. If you feel taken advantage of, you begin to resent those around you. We want to help you say "no" to things that are unhealthy and "yes" to the things that bring joy!



### We Help: Suffering Families Troubled Marriages • Individuals in Crisis

Getting healthy is giving to your family. It's the best thing you can do. God says even before you lived one day of your life you were wonderful. (Psalm 139) That includes all the imperfect days. So let's rejoice on Mother's Day that God loves us even if we're not PERFECT in motherhood and rest in the fact that He has it all under control!

## May's Event: Trafficking; It's Real. Can You Protect Your Family?

This month we are blessed to have Jeff Blom as our speaker. He is a former Chief of Police in Kansas and he's coming to speak on the DNA efforts in human trafficking and exploitation here in PA and around the world. He has conducted undercover anti-trafficking operations in 21 countries and has interviewed over 450 victims from 33 counties. Jeff is also an international speaker and published author on human trafficking interventions. He will be speaking to us about the ever present predator for girls and boys and how to protect our families.

This can be an uncomfortable subject for many but it is necessary for us to open our eyes and begin to see what we can teach our children and

grandchildren to save them from the predators out there. This could save the life of someone you know! Bring family and friends and join us May 15th 2014, at Servant's Heart Bookstore at 6:00pm. NOTE: This is not appropriate for small children.

\*Perhaps Today Ministries has partnered with She's Somebody's Daughter, [www.shessomebodysdaughter.org](http://www.shessomebodysdaughter.org), which brings awareness about the issues related to exploitation. Their model involves truth and awareness, outreach, partnerships and networking and prayer. This has had great results here in our community. Join us on May 15th to learn more.

MAY EDITION

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## Perhaps Today Ministries

Christian Spiritual Counseling

*where you can make a change*

### Ways to contact us:

**Email:**  
[counselor@perhaps-today.com](mailto:counselor@perhaps-today.com)  
If you are hurting or know someone who is.

**Web:**  
[www.perhaps-today.com](http://www.perhaps-today.com)

**Call:**  
Office: 717-938-6133  
Text: 717-991-6634

**Mail:**  
40 Violet Drive  
Etters, PA 17319



**Perhaps Today  
Ministries  
40 Violet Drive  
Etters, PA 17319**

**Perhaps-Today...  
you can make change:**

*"...95.5% of our  
clients have had  
healing and feel  
better about their  
situations."*



**Perhaps Today  
Ministries**

Christian Spiritual Counseling

*where you can make a change*

**Email:**

counselor@perhaps-today.com

If you are hurting or know  
someone who is.

**Web:**

www.possible-today.com

## It's Finally Up

Have you seen our billboard? It went up on April 18, 2014 located on I83 S, off Lewisberry exit 32 near the Summit restaurant. Join our blog discussion on our website at [www.Perhaps-Today.com](http://www.Perhaps-Today.com) and let us know what you think!

We are focused on a donation drive here at Perhaps Today Ministries. Please help us by making a donation of any amount or asking your employer if they would consider supporting us. A donation of \$100 helps an entire family for a month get good Godly counsel and restores families to health and healing.

We have seen an influx of clients lately; as many as 8 in two days recently. That equates statistically to 160 hours with each family. We provide our counseling and ask people to consider making a donation. Any other counseling office would charge between \$65- \$150 an hour.

Our statistics show that when they finish counseling 95.5% of our clients have had healing and feel better about their situations.

You can donate safely online through our website or mail your donation to 40 Violet Drive Etters, PA 17319.

## The Truth About Feelings

Have you ever tried to hold an inflatable beach ball under water? It's a very difficult thing to do because it keeps pushing to the surface. Unfortunately, many of us try to do the same thing with our feelings. Rather than let them out for those we love to see, we try to keep them inside, building walls around ourselves and around our problems. We have the illusion that these walls protect us and those around us. Unfortunately, the self-constructed walls isolate us from our loved ones and especially from God. Walls also tend to keep us from dealing with the things that bother us. The walls we build are called "defense mechanisms" which can come in many forms. Some people use rationalization, humor, blame or denial instead of healthy tools to set them free from those walls. Have you ever said "He did it first", or "You don't know the pressure I'm under". Some of these probably sound familiar.

Here at Perhaps Today Ministries we can help you discover why you feel the need to hide your feelings. We will assist you in discovering why you resist revealing your feelings to others. We can help you realize that your feelings have a purpose and should not be pushed down or hidden. Learning to let your feelings out in constructive ways is a process that needs to be practiced and learned. It won't be accomplished overnight... just as you've taken years to learn to repress your feelings the unlearning process will take time too. Remember, your only way to true freedom is in the truth... it will set you free!

John 8:32 Then you will know the truth, and the truth will set you free.