

Healthy Revelations

January 2012

Commit to the Lord whatever you do,
and your plans will succeed. Proverbs 16:3

God's Vision for the new year!

This is the time of year we reflect on how God has worked in our lives. As we look back, we give God credit for all of the blessings. Sometimes we are even given eyes of faith to understand the purpose or see how God worked in the midst of a struggle or tragedy that we have faced. Looking back may actually be easier than looking for-

ward trusting that He has our future in His hands. It's sometimes difficult for us to realize that the God of our past is the same God who is in our future. Just days ago we started the Christmas season, celebrating the birth of our Savior. It doesn't make sense to us that our King came as a baby. However, God had a purpose then and now.

Jesus was born over 2000 years ago and His mission and purpose are just as real and relevant as it was then. God gives us minds to plan, but also wants us to keep our ideas in line with His will. His best is better than we can imagine!

God bless you and may His vision for your life be realized in His time.
Happy New Year!

Integrity is living our lives according to the values and beliefs that we hold dear. It can be useful to create a vision and write a statement of our purpose and mission in life. Below are some ideas taken from the book, Burn Brightly without Burning Out, written by Richard K. Biggs.



1. **Find a guiding principle as an anchor.** You might use a line from a poem, an inspirational quote, a Scripture verse, or anything else that sets the tone for your life's purpose.
2. **Make a list of your dominant interests.** These are the major areas of your life where you spend your days.
3. **List the qualities you admire in your role models and mentors.** Some sample qualities include integrity, reliability, patience, wisdom, discipline, and a positive attitude.
4. **State your strongest character qualities.**
5. **Jot down key phrases you feel should be a part of this document.** Sample phrases include "making a difference," "leaving a lasting legacy," "living passionately," "daring to dream," "choosing wisely," "being socially responsible," "serving the community," "honoring God," and, well, you get the idea.
6. **Make an outline.** Having an outline will save you time and improve the clarity of your statement.
7. **Prepare a rough draft.**
8. **Edit, rewrite, and polish.**
9. **Ask for feedback from trusted friends or relatives.** What do they like about your statement: How can it be improved? Integrate any changes until you're satisfied with your life's purpose.
10. **Put the finished document in prominent places and refer to it often.** Read it regularly, lest it be filed and forgotten. You might memorize these words over time, but the idea is to live your life so purposefully that the people around you could almost recite your statement.

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Mission Statement

*But only with God are perfect wisdom and might; He alone has true counsel and understanding. Job 12:13
Provide quality mental health care to those seeking services. Using a Christian perspective to help people
reach understanding as God uses mind, body and soul to reveal His purpose in their lives.*

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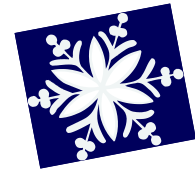
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Almond Oreo Popcorn

Lots of white popcorn

1 package vanilla almond bark

1 package Oreo cookies, crushed into chunks



Melt the almond bark in a double boiler or microwave. Stir in the popcorn and oreo chunks. Pour mixture onto a cookie sheet covered with wax paper. Allow to cool and break up to serve.



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