



Perhaps-Today NEWS

Perhaps Today Ministries

Introducing Pastor Cheryl Ciambotti: Part 1

By Sherry Myers

Did you ever wonder about the person behind Perhaps Today Ministries? Recently, I had the opportunity to interview Pastor Cheryl Ciambotti and I want to share her thoughts on the ministry she has developed.

Cheryl is married with three children, a step-son, a daughter-in-law, and two grandchildren. Her hobbies include gardening, reading, and spending time with friends. She says that she can get lost in three places: a plant nursery, the library, and the Bible. The most positive role model in her life was her Grandma Torok who taught her about faith and how to have a relationship with Jesus.



Cheryl's titles within Perhaps Today Ministries include: Founder, CEO, one of the Directors of the Board, and Counselor (some of us would say Counselor Extraordinaire!). Through her ministry, she is able to share some of her many gifts, such as wisdom, discernment, teaching, music, prophecy, shepherding, administration, and mercy.

Even as a young girl going through tough times, she knew the calling of counselor was on her life. She would ask God why was she going through these difficulties and the answer would always be, "I know you will tell somebody about how you got through it all, and give ME the glory!"

Throughout her life, people have sought her advice and wisdom. She was married at a young age and her dream at that time looked unobtainable. After her husband left their marriage, Cheryl couldn't seem to find the time to take the right steps to begin a counseling ministry. Later, however, she married Leon who has supported both her and her vision. Her first attempts at what she called "Kitchen Table Counseling" failed, and she almost gave up. However, four years later she said, "The Lord smacked me on the forehead saying, 'It's time to get moving. People need help and the time is running short.'"

She confided in a few close friends and asked for their opinions on starting a counseling service, on a donation basis, on her own. With their support, Cheryl printed business cards and began handing them out. Soon, she scheduled an appointment with a young woman, and Perhaps Today Ministries began its journey. Cheryl then went on to become a licensed minister and Certified Recovery Specialist (CRS). Acting on the advice of one of Cheryl's mentors, PTM became a 501(c)(3) corporation.

Life experience has taught Cheryl to trust God more and herself less, and she has learned to be willing to take a step forward without knowing the plan - a step off a ledge with no visible bridge below. This, she says, is like the Priest who led the Israelites across the Jordan River at flood stage - simply taking a step of faith out onto the roaring waters and trusting that God would stay the water and they would cross over into the Promised Land without incident. PTM is her Jordan River and she's trusting that God will deliver a corporate donor to help support Perhaps Today Ministries, and Cheryl, with her visions for 2015!

For more about Cheryl and how PTM was founded, see next month's Perhaps Today News...

FEBRUARY
EDITION

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Perhaps Today Facts-n-Findings

By Cheryl Ciambotti

In Christian circles our eye is on Jerusalem but did you know that all languages seem to lead us there too?

Let me explain. If you look at the direction in which people write (and read) traditionally EAST of Jerusalem it is right to left and if you look at the direction in which they write (and read) traditionally WEST of Jerusalem it is left to right. So if you follow the writing... everything leads to Jerusalem. It's just another reminder that it all comes back to that ancient holy city.



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ANT
articles!



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Managing Automatic Negative Thoughts: Why we need to take control of positive thinking.

by Sherry Myers

Over the next several months we will be looking in depth at each step from the article "ANT Therapy" by Dr. Daniel Amen. ANT stands for Automatic Negative Thoughts and Dr. Amen's article lists steps to help eradicate (or eliminate) negative thinking.



This month we will look at Step 1: You have a thought, your brain releases chemicals. Thoughts are real and have a real impact on how you feel and how you behave.

How does your brain release chemicals? Let's take a look at brain chemistry. Brain chemistry involves the messaging that's taking place in the brain. It generates movement, reactions, speaking, and regulates the body. You have a thought and information is sent

from one neuron to another. The thought releases a chemical and it transmits through the neurons which, in turn, affect your feelings and behavior. With this in mind, continued negative thinking can create a chemical imbalance in your brain, making you feel badly and potentially leading to mood swings or depression, among other things.

Thinking positive thoughts keeps your brain at a normal chemical balance. In this way, your thoughts determine the chemistry of your brain. Ultimately, negative thoughts have a negative effect on the mind and body and positive thoughts have a positive effect on the mind and body.

Scripture also confirms that we are to put away negative thinking and put on rejoicing and gladness. Ephesians 4:3 instructs us, "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice." Psalms 118:24 says, "This is the day that the Lord has made; let us rejoice and be glad in it." Ephesians 4:23 says, "...to be made new in the attitude of your minds." Science clearly shows us the benefits of adhering to these scriptures.

So, keep in mind that our thoughts are real and have a real impact on our minds. Let's make a goal to take control of our thoughts and set them on good things.

If you are struggling with negative thinking or know someone who is, PTM can help! Contact us at Counselor@perhaps-today.com.



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

What are
the basics of
healthy living?
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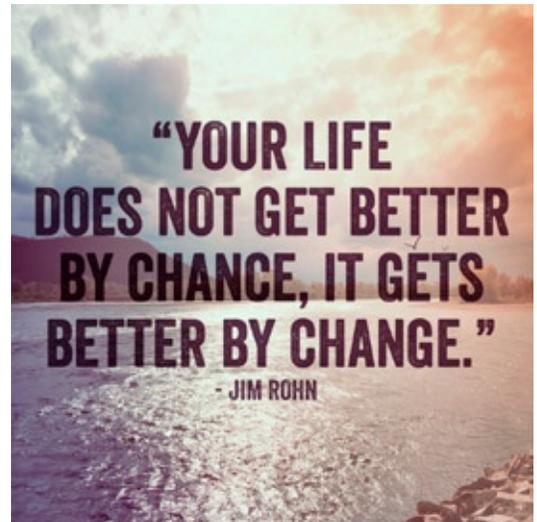
Meaningful Change in 2015

by Cindy Eslinger

Many of us start each New Year with resolutions - a fresh start and a desire to change something in our lives that makes us unhappy. This sounds and feels good initially on the surface, but few of us have the willpower or stamina to see these changes through for very long. We don't succeed because we often set goals that are too high to attain in a reasonable amount of time, leaving us feeling hopeless, helpless, and frustrated.

Meaningful change happens when we evaluate what is truly important in our lives and commit to persevere, even through failure, to effect positive change in those areas. The basis for commitment comes from within you, and it involves all parts of you: the spiritual, the physical, and the mental. In a thesis by Anthony Jennings he states, "The Word of God (The Holy Bible) teaches that if the soul of man is fixed, the natural parts will not help but to become healthy and whole: Matthew 6:33." "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

Though it doesn't guarantee against failure, a healthy spiritual life is an important foundation upon which the other areas of your life can become healthy and be made whole. God will help you along the way. Make your spiritual health a priority by letting Perhaps Today Ministries help you set goals, find your strengths, and build your spiritual muscle. We are privileged to partner with you as you commit to meaningful changes in your life.



Valentine's Day Strawberry Torte

Total Time: Prep/Total Time: 25 min.

Yield: 12 servings

Ingredients:

- 1 prepared angel food cake (8 to 10 ounces)
- 1 carton (16 ounces) frozen whipped topping, thawed
- 2 cups sliced fresh strawberries, blueberries or raspberries



Directions:

Slice cake into thirds horizontally. Spread each layer with topping and 1 cup fruit. Assemble layers and pipe with remaining topping. Chill until serving.



Volunteer opportunity!

Do you like to write or edit?

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Basics of Life

By Tom Dardick

We're all bombarded with products and services that claim to help us live better, healthier lives. Take this supplement, buy this program, ask your doctor about "wunderdrugdujouracin." While these may or may not be effective, we'll miss the benefits of a better life if we miss the basics of life. What are the basics of living healthy? Here are some potential daily guidelines:



1 Eat good things. What are good things? You know what they are. And it's probably not the same for you as it is for somebody else. You might think milk is a good thing. Fine. Drink it. But for some people, they may be lactose intolerant or have allergies, so for them milk wouldn't qualify.

2 Don't eat bad things. You get to decide here too. Sometimes, we hear about studies that say coffee, chocolate, or eggs are bad for you. Other times, we hear about the amazing benefits of those same foods. You decide for you.

3 Use your body. Life is a use it or lose it proposition. Be active in whatever way that best suits you in order to engage your physical body.

4 Do at least one thing that you love. Every day, spend some time in an activity that you can throw yourself into with gusto. It can be for work or pleasure – just so you are 100% engaged.

5 Do the right things. You know when something is right. You know when something isn't. Some things are always right, such as treating people with kindness and respect (including yourself) or being true to your word. Some things are situational, like agreeing to help on a project or taking an afternoon off.

6 Don't do wrong things. See above. Opposite it. (That is a word invented by my friend Tom Costello – I think the meaning is self-evident).

7 Recharge your batteries. For some people, this means alone time. For others, it means spending time with people. It means getting good sleep, etc. Sometimes it just means slowing down and breathing – really deep, diaphragmatic breaths (remember we're talking basics here.)

8 Have Faith. For many this means praying. For some this means meditating. It is simply the recognition that our spirit, like our mind and body, requires care and nourishment too.

The real point is that fundamentals in life are what matter most, and we basically know what they are. The key is summoning the wisdom and discipline to make, to quote Liz Murray, "empowered" choices.

How do we accomplish this? Most of us do well with some fundamentals and we struggle with others. I believe one key is to not go it alone. We have resources all around us. Again, trust that inner voice. You know who will help you and who may not. Just pick a fundamental, pick somebody to help you and get into action!



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