



Perhaps-Today NEWS

Perhaps Today Ministries

SEPTEMBER
EDITION

PTM Fundraiser News Release

By Cheryl Ciambotti

It's that time of year again when Perhaps Today Ministries, (a non-profit offering counseling for a donation), gathers together and raises money for the disadvantaged, hurting and those in great need in our community. We will be holding our 2nd annual Banquet Dinner and Silent Auction October 16th from 6-9PM. There will be plenty of prizes this year to be given out to our lucky attendants! Dinner, a 4 course meal, is being held at the prestigious Susquehanna Club located on the New Cumberland Army Base. The silent auction boasts 30 items ranging from gift certificates to trips.

The speaker this year is the well-known Tracey Jones, daughter of the late Charlie "Tremendous" Jones. She is a speaker, publisher and author of Beyond Tremendous: Raising the Bar on Life, her latest book. Let her inspire you to greater heights and bigger challenges. You can visit her website to learn more at www.tremendouslifebooks.com.

"Perhaps Today Ministries, (PTM), has helped hundreds of clients over the last 5 years. We serve nearly 60 clients a year and donate approximately \$2500 a month in counseling services to the community." says CEO and Founder Pastor Cheryl Ciambotti, CRS. "Next year we hope to double that with the donation money we receive. A generous donation can help us continue to provide counseling to the disadvantaged people who can't afford it."



Tickets for the dinner are being sold on our website at www.perhaps-today.com and can be purchased for \$45 each until Oct 9th. No tickets will be sold at the door and a limited amount are available so get yours now! If you cannot attend but want to get involved there are several ways you can help. First, silent auction items and prizes are being accepted until October 9th; call 717-938-6133 to donate. Second, you can place a full color ad in their program for \$25 (third page), \$50 (half page) and \$75 (whole page). There are also 5 levels of sponsorship you can purchase, Top Platinum (\$1200, only one available), Platinum (\$1000), Gold (\$500), Silver (\$250) and Bronze (\$150). Among the things offered in the sponsorships are ads in the program, your logo on marketing material, tickets to the event, an introduction of your business during the event, acknowledgement in the event program and free prize tickets, see the website for more information <http://www.perhaps-today.com/fall-fundraiser-2015/> sponsorships-fall-fundraiser-2015/ or email Cheryl at cciambotti@gmail.com.

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Ways to contact us:

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counselor@perhaps-today.com

Web:

www.perhaps-today.com

Call:

Office: 717-938-6133

Text: 717-991-6634

Mail:

40 Violet Drive
Etters, PA 17319



Why Support Perhaps Today?



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Etters, PA 17319

Perhaps-Today...
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*Fall Fundraiser
Oct 16th 6-9PM.
Get your tickets
today at [www.
perhaps-today.
com!!](http://www.perhaps-today.com)*



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About PTM: Perhaps Today Ministries, PTM, serves the local community as far reaching as Harrisburg, York, Lancaster, Lebanon, Mechanicsburg, Camp Hill, New Cumberland, Dillsburg, Hanover, Hummelstown, Shippensburg, Millersburg, Hershey and Etters Areas. The counselor is a Certified Recovery Specialist and a licensed ordained minister which can offer Spiritual guidance as well as help clients with addiction problems or family members who struggle with a loved one's addiction.

In addition to that, marital issues, depression, anger, anxiety and self-worth issues are common cases that are discussed in counseling at PTM. There is a monthly educational publication you can subscribe to for free, Perhaps Today News (their newsletter), for more information see <http://www.perhaps-today.com/newsletters/>.

With so many organizations growing bigger PTM has kept costs down and has very little overhead due to the counselor donating most of her time and all workers and directors being volunteers. The donations go directly into providing services such as counseling, benevolence funds and education to clients. PTM is different because they offer their services on a donation basis, no fees.

The average in the industry ranges from \$80 - \$300 an hour. So, it can be a significant discount to receive counseling at PTM. You can learn more about PTM at www.perhaps-today.com.

Eliminate Automatic Negative Thoughts

Try talking back!

By Sherry Myers

This month we are looking at Step #8 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)).

Step 8: Negative thoughts are mostly automatic or they "just happen." That is why I call these thoughts "Automatic Negative Thoughts" or ANTs. Think of these negative thoughts that invade your mind like ants that bother a couple at a picnic. One negative thought, like one ant at a picnic, is not a big problem. Two or three negative thoughts, like two or three ants at a picnic, becomes more irritating. Ten or twenty negative thoughts, like ten or twenty ants at a picnic, may cause the couple to pick up and leave the picnic. Whenever you notice these automatic negative thoughts or ANTs you need to crush them or they'll ruin your relationships, your self-esteem and your personal power. One way to crush these ANTs is to write them down and talk back to them. For example, if you think, "My husband never listens to me," write it down. Then write down a rational response; something like "He's not listening to me now, maybe he's distracted by something else. He



often listens to me." When you write down negative thoughts and talk back to them, you take away their power and help yourself feel better. Some people tell me they have trouble talking back to these negative thoughts because they feel that they are lying to themselves. Initially, they believe that the thoughts that go through their mind are the truth. Remember, thoughts sometimes lie to you. It's important to check them out before you just believe them!

The same way that a person will cut back on calories or up their workout routine when they've put on a few pounds, knowing that those extra pounds add up quickly when not addressed, negative thoughts also have the ability to compound with negative results if not put into check. Writing down a negative thought gives us the chance to really inspect it and to evaluate its worth. Remember, each negative thought you disregard or turn around into a positive thought is one less ANT at the picnic!



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Why should you support PTM?
See page 2

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Labor Day

A Celebration of the American Worker



By Cindy Eslinger

We celebrate Labor Day on the first Monday of September. But most people probably have no idea what we're celebrating. In fact, anyone who has ever worked in our country is the reason for the celebration.

The holiday was founded on the backs of all American laborers, a national tribute to the innovation, strength, and prosperity of our country. In 1882 two men, Peter J. McGuire and Matthew Maguire were members of 2 different labor unions. Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was the first to suggest a day to honor those "who from rude nature have delved and carved all the grandeur we behold". Other records indicate Matthew Maguire, a machinist, founded the holiday. Recent research seems to support the idea that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882. At the time he was serving as secretary of the Central Labor Union (CLU) in New York. What is clear is that the CLU adopted a Labor Day proposal and appointed

a committee to plan the day's events which included a demonstration and a picnic.

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance to the plans of the Central Labor Union. In 1884 the first Monday in September was selected as the holiday by the CLU and they urged similar organizations in other cities to follow the example of New York in celebrating a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations and in 1885, the holiday was celebrated by many other industrial centers in the United States.

Oregon was the first state to make it a holiday on February 21, 1887. By the time it became a federal holiday in 1894 thirty states officially celebrated their first Labor Day holidays.

The original format that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday - a street parade to show to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. Speeches by prominent men and women were started later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday proceeding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

Roast Chicken & Sweet Potatoes

Makes: 4 servings

Active Time: 15 minutes

Total Time: 45 minutes

Ingredients:

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 1/2-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges





Roast Chicken & Sweet Potatoes (Cont.)

Preparation:

1. Position rack in lower third of oven; preheat to 450°F. Place a large rimmed baking sheet in the oven to preheat.
2. Combine mustard, thyme, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
4. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

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Any day is a good
day to walk in love
and forgiveness!



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Forgiveness Day and Yom Kippur



By Sherry Myers

This month, we are looking at two unique holidays that are similar in nature: International Forgiveness Day, celebrated on the 1st August of each year, and Yom Kippur which is recognized from September 22nd through the 23rd.

International Forgiveness Day was created by the World Forgiveness Alliance and is dedicated to evoke the healing power of forgiveness worldwide. It's a time to forgive and be forgiven. Forgiveness, according to the Oxford English Dictionary: "to grant free pardon and to give up all claim on account of an offense or debt." Oprah Winfrey has spoken on her forgiveness "aha moment." She states that forgiving is giving up the hope that the past could be different and she talks about letting go so that the past does not hold you prisoner. If you were to hold a paper against the wall, you

would be limited in how far you could move. You would only be able to move an arm's length away from the paper. In order to move any further, you would have to let go of the paper. The paper symbolizes a grudge or an offense. Until we forgive and let go, it tethers us to one place and hinders us from moving forward. To let go of an offense is not only beneficial to the person we forgive, but it also is a great relief to us - mentally, spiritually, and physically.

Yom Kippur is a Jewish Holiday celebrated this year on September 22nd. "Yom" stands for day and "Kippur" means to atone. According to Jewish tradition, God inscribes a person's fate for the coming year in The Book of Life on Rosh Hashanah and waits for Yom Kippur to seal the verdict. Yom Kippur is a day meant to be spent in prayer, seeking God's forgiveness for sins and pursuing atonement from others against whom the person has committed an offense. Many secular Jews also celebrate Yom Kippur.

These holidays are celebrated within different cultures, but both share a common theme of seeking forgiveness and cleaning the slate for a fresh start. Let's make an effort this year to ask forgiveness from others and remember that any day is a good day to walk in love and forgiveness!



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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Editor in Chief: Cheryl Ciambotti

Assistant Editor: Sara Steele

Journalist: Cindy Eslinger

Journalist: Sherry Myers

Journalist: Tom Dardick

Journalist: Kirk Brechbiel

Journalist: Laura L.W. Horan

Designer: Nevin Kramer

Email:

counselor@perhaps-today.com

Web:

www.perhaps-today.com

Are We Headed for Troubled Waters?



By Tom Dardick

Have you seen the Project Prophecy online video? A vehicle for Jim Rickards to sell his publications, it is one of a chorus of warnings of impending financial and social collapse. Rickard's, and the many other Chicken Little's, are mostly dismissed. In the case of Project Prophecy, you can see why. But as is quite common, detractors criticize messengers, but are somehow more reluctant to provide evidence to refute their claims and these claims are remarkable. You may realize that we have a debt bubble and that the dollar is stressed. If the data Rickards provides is correct, you likely do not appreciate the extent.

This is a complicated topic. Let's take a look at history.

History supports Rickards' claims. Let's look at his key issue: the U.S. Debt crisis. Our national debt is coming up on \$18 trillion. Before Obama leaves office, it'll be around \$20 trillion. The problem with these numbers is that they're too big to understand, so we tend to discount them. We don't worry too much. But we should, because this isn't the whole story.

American citizens are on the hook for a multitude of things other than the current IOU's. We also owe money to people in the future. These are called unfunded liabilities. Things like Social Security, Obamacare, and Medicare fall into this category. The Congressional Budget Office acknowledges that these combine for over \$127 trillion in additional debt. To put that in perspective, that's half of the wealth in the entire world. If we hold our present course, within 20 years total U.S. Government spending would only cover two items - Social Security and interest on the debt.

Overspending is the norm, not the exception. People want their goodies now, the welfare of future generations be damned. When nations do this, it never ends well. People will not elect leaders who will make the tough decisions to

prevent catastrophe. Today, just the suggestion of Social Security reform nearly makes a candidate for President unelectable.

So we are headed for troubled waters. Just how troubled, when we hit them, and precisely what we should do about it – these are opinions. Rickards claims we're in the storm already. He says we are in a depression but the government uses funny accounting to hide the fact. Unemployment and inflation are certainly being understated. Do you believe that we have a 5.5% unemployment rate when over 93 million working age Americans are not employed? Me neither and don't know if it is actually 23% as Rickards claims.

When a debt bubble bursts, the backing currency collapses. For us, that could mean a few things.

1. *High Inflation* – Incomes may not keep up with rapidly rising costs.
2. *Bank Runs* – As is happening in Greece, you could find yourself frozen or restricted in accessing your cash. Greece allows each citizen to withdraw 60 Euros per day – no matter how much you have in the bank.
3. *Goods/Services Interruption* – Demand could so outdistance supply that rationing could take place. We've seen this before. The Oil Crisis of the 1970's meant you could only buy gas on odd or even days. We also see rolling blackouts where electrical power becomes scarce, water rationing in times of drought, etc.
4. *Stock Market Crash* – Those prudent to save enough liquid assets for retirement or other uses could see those savings disappear overnight.

Rickards wants you to take his advice. Maybe you should. But here's mine: Pay attention. Don't be one of the many who will be utterly blindsided and pay a very high price indeed. I'm no doomsday prepper, but I can see the cliff that lies ahead. It's smart to make sure you have water, power, food, vitamins, cash, and even precious metals and guns and ammunition to get you through a crisis period. Should this world-record sized bubble burst in spectacular fashion, you will be very thankful that you did.

Credit: Tom helps organizations with their People Strategy. To see more from Tom, subscribe to his blog: <https://tomdardick.wordpress.com/> or visit his website: www.dardickcommunications.com

Save
the
Date

October 16TH 2015
PTM Fall Fundraiser at

SUSQUEHANNA
CLUB

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CHRISTIAN SPIRITUAL COUNSELING

Save the date for our Fall Fundraiser to benefit those in our communities that are disadvantaged, hurting or in great need of counseling services.

BANQUET DINNER & SILENT AUCTION

October 16TH, 2015 6-9PM

At the Susquehanna Club, New Cumberland Army Base, PA

Speaker: Author/Public Speaker Tracey C. Jones

To order tickets visit our website • **Price:** \$45.00 a person. No tickets sold at the door.

Door prizes! • Silent auction items to bid on.

We hope you can make it out to the event. Contact us for more info.

We need volunteers for this event! If interested please contact Cheryl or Crystal.

Cheryl: 717-991-6634 • counselor@perhaps-today.com • **Crystal:** 717-433-3717 • lemmonade@comcast.net



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