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Every quarter, the Genesis Gem has at least one article that may interest YOU:

“Stuck In The Past”

One problem in dealing with the past is that it never stays there. It has ways of resurfacing and reeking havoc on the present. This is why some people feel stuck in a cycle of picking the wrong relationships, making the same mistakes, or of repeating the same patterns of self-destructive behavior. Too often, what they are trapped in is some act or action or “picture” from the past. Part of the counselor’s task is to encourage men and women that moving forward in freedom sometimes requires us to go back and address some of those painful pictures.

What you and I put in our heads is a choice – hatred or love, bitterness or kindness, vengeance or forgiveness, a curse or a blessing. We cannot always control what happens to us, but we can control how we respond. No one can take that away. This is why Jesus gave us such a profound promise and picture of freedom when He said to believers, “If you continue in My

word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.” John 8:31-32. That is clear talk to each of us who has been held captive for days, months, or years by the lie that we have no choice for a positive future...that hurtful memories still rule, and will continue to rule, our lives.

A war story that illustrates this choice:

After World War II ended and Japan had signed its peace treaties, thousands of Japanese soldiers on the outlying islands refused to surrender. They had been so brainwashed by their country as to what might happen to them by the enemy that they continued to hide. Finally the Japanese Emperor made a speech that was recorded and played through loud speakers aimed at the caves and jungles where the soldiers were hiding: “Come out, the war is over. Peace has been established. You will not be harmed, but welcomed and protected.” Most of the troops responded to the familiar voice of their Emperor and came out of their jungle caves. The majority of the soldiers

were accounted for within a few months. As the years passed, the government assumed that all of them had surrendered and returned to their homes. However, in March of 1974, one last soldier came out of hiding nearly 29 years after peace had been declared. A photograph of the scruffy 60-year –old soldier appeared on magazine covers around the world. Asked why he had waited so long to come out, he said it had taken him that long to get over his fears.

Sometimes in our war with the troubled past, fear can drive us back into our caves. It’s hard for us to believe that the war could really be over. .. that peace is possible...that life can hold a place of safety where love really exists and God really wins out over hatred, harshness and emotional or physical harm. Yet, the offer God makes for freedom is true. And it is one that counselors are proud to share with those imprisoned and wanting – and needing – to come out of their caves.

*taken from article written by
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AACC Christian Counseling Connection*

Call Genesis for help at
239-939-5504
if you see yourself as stuck in the past. Someone can help you.

Genesis Gems

Winter 2013

It has now been 10 years since Genesis opened its doors at the Beacon Executive Suites – just amazing! We are still of the opinion that anyone who walks through our doors has been supernaturally led to do so. In each case, God intervenes. We perceive it as a blessing that we can assist those who need our services by approaching people with a Christ-centered philosophy. Be sure to check out our website at www.qcformyers.com

Who Are We?

Genesis Counseling of Fort Myers offers individual, marriage and family counseling with daytime, evening and weekend hours. Typically a session is a 50-minute hour although arrangements can be made for longer or shorter consultations. Don't hesitate to contact us at (239) 939-5504.

A testimonial...

Over a year ago I was in a relationship that seemed to be spiraling down but wasn't sure how to walk away. Crying daily, my parents suggested that I call Genesis. After one session, I was ready to make some changes and tell this self-absorbed boyfriend that I needed to find my life's focus before I could continue seeing him. After several more visits to the counselor, I had the courage to end what could have been a catastrophe. I had slowly been losing myself without realizing it. I see now the importance of boundaries. I also know that a healthy relationship means being friends first and letting God lead the course of the relationship. I am grateful to the Genesis counselor who gave of her time and services to help me. I have regained my confidence and others are noticing the "new me." I may find a man in the future, if that is what God wants. I will leave it in His capable hands. And, I am happy!

-a woman focused on the Lord now

Plans for the future

In order to move forward, there always needs to be a plan in place. All the counselors meet for regularly scheduled staff meetings and we set out some goals for the new year. Goals this year are:

- Being more involved in the Christian community,
- Contacting churches,
- Offering to host another Christian Chamber event,
- Taking part in health fairs and displays/booths,
- Updating the website,
- Redoing the brochure,
- Offering support groups as needed and
- Reviewing our goals mid-year.

As you can see, our goals are not unrealistic, but they will require our diligence to accomplish. 2013 holds many opportunities for all of us. I hope you will join us in praying that we can assist many here in the area of Lee, Collier, Hendry, Charlotte and Glades counties.

Have Time On Your Hands?

There are always many tasks that need many willing hands! If you would like to volunteer with the planning, public relations or answering phones, give a call.

239-939-5504



A Recipe for You!

Cornmeal Flapjacks

Enjoy these pancakes with fruit preserves, fresh fruit, or maple syrup.

Ingredients

1 cup fortified nondairy milk (soy, rice, almond, etc.)
2 tablespoons maple syrup
1 tablespoon apple cider vinegar
1/2 cup cornmeal
1/2 cup whole-wheat pastry flour
1/2 teaspoon sodium-free baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
Spray of vegetable oil

Directions

In a large bowl, mix nondairy milk, maple syrup, and vinegar. Set aside.

In a separate bowl, stir together cornmeal, flour, baking powder, baking soda, and salt. Add to nondairy milk mixture, stirring just enough to remove any lumps and make a pourable batter. Add a bit more nondairy milk if batter seems too thick.

Preheat a nonstick skillet or griddle, then spray lightly with vegetable oil. Pour small amounts of batter onto the heated surface and cook until tops bubble. Turn carefully with a spatula and cook the second side until browned, about 1 minute. Makes 16 3-inch pancakes. Serve immediately.

Per pancake: 44 calories; 0.4 g fat; 0.1 g saturated fat; 8.2% calories from fat; 0 mg cholesterol; 1.4 g protein; 8.9 g carbohydrates; 2 g sugar; 0.8 g fiber; 66 mg sodium; 29 mg calcium; 0.5 mg iron; 0.1 mg vitamin C; 5 mcg beta-carotene; 0.2 mg vitamin E

Recipe from *Healthy Eating for Life to Prevent and Treat Diabetes* by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.