



# Perhaps-Today NEWS

Perhaps Today Ministries

## What Gives You Hope This Thanksgiving?

NOVEMBER  
EDITION

### INSIDE THIS ISSUE:

- What Gives You Hope This Thanksgiving?
- PTM: Our Mission
- End-of-Year Giving
- Our Fundraiser Was A Success
- Positive Thinking Can Change Everything



"The First Thanksgiving at Plymouth" (1914) By Jennie A. Brownscombe

What gives us hope? Our dreams, our passions, our faith... All can be contributors to the hope we have for a better tomorrow. Hope is defined as a feeling that what is wanted can be had or that events will turn out for the best.

Some people say that we live in hopeless times. Wars are breaking out on every side, politics are as ugly as ever, drug addiction runs rampant, and divorce occurs in staggering numbers. How can we have hope when everything seems to be falling apart? Helen Keller said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

In the Bible, Joshua 1:9 tells us, *"This is my command—be strong and courageous! Do not be afraid and discouraged. For the Lord your God is with you wherever you go."* (NIV)

One translation of Jeremiah 29:11 says, *"For I know what I have planned for you," says the LORD. I have plans to prosper you, not to harm you. I have plans to give you a future filled with hope.*" (NET Bible)

Many wise people have spoken of hope as a motivator to achieve dreams, overcome ob-

stacles, and improve the world around us. Hope becomes a part of who we are and a daily inspiration to those around us if we practice thinking positively and acting out our hopeful endeavors.

Where do you place your hope? Is it in you, one who has faults and makes mistakes? Or, is it in a God with no faults and who never makes mistakes? Think of this the next time you are fighting the world and all its misguided understandings. No one can, nor ever could, say anything intrinsically bad about Jesus. Can that be said about whomever you are choosing to follow today? Perhaps Today Ministries can help guide you to find new and greater hope in your life. Just call for an appointment with our counselor to get started.

Celebrate Thanksgiving this year by counting your blessings and holding onto the hope that is within you.

**Here at Perhaps Today Ministries we'd like to extend a very Blessed Thanksgiving to all our readers and their families!** *"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."* Rom 15:13 (ESV)



## Perhaps Today Ministries

Christian Spiritual Counseling

*where you can make a change*

### Ways to contact us:

**Email:**  
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



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

*What makes PTM  
different from  
other counseling  
providers?*



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## Perhaps Today Ministries: Our Mission

Perhaps Today Ministries: Where our mission is to provide wise counsel and assistance to the disadvantaged, the hurting, and those in great need. In return, we ask only for donations. Our ministry offers Christian spiritual counseling made possible by corporate and private donations.

What makes PTM different from other counseling providers? Our counseling service is by donation only and we counsel with a Christian perspective. We “do life” with people by standing with them through important events such as sickness, funerals, weddings, and baptisms. We’re available in emergency situations and we offer communication via email and texts. Pastor Cheryl Ciambotti has a heart for people who are struggling through difficult situations and are doing their best to find a way out. She counsels with love and compassion, a great deal of understanding, and she draws from personal experience -

showing her clients that she is both credible and trustworthy.

From our client, corporate, and private donations, PTM is able to use our funds to assist those who are hurting and in great need, to cover business expenses, and to make wise Christian counsel available to those who are earnestly seeking the help that we are privileged to provide. Since our counselor does not take a salary and is able to offer counseling service from an office in her home, PTM is able to maintain low overhead costs. This unique, tax-deductible, donation-based service provides us with an opportunity to dedicate much of our funding to efforts that directly assist our clients.

Here at PTM, we are truly committed to lost, hurting, and disadvantaged individuals and to providing the Godly counsel they seek.

## End-of-Year Giving

November brings the time of year when we begin to think about giving just a little bit more. Sometimes it’s being more generous with our time and to those less fortunate. For others, monetary gains are targeted to help the disadvantaged, the hurting, or those in great need.

If you are wondering where you might have your funds used best this year, please consider giving to our tax-deductible non-profit with your end of year “offerings.”

Perhaps Today Ministries is dedicated to helping the disadvantaged in our communities. We offer you a chance to bless others in a way that will cost you little more than the time it takes to write a check. Our specialty is to offer Christian Spiritual Counseling to clients on a donation basis. We also have a benevolence fund set aside to help our clients with necessary things like shelter, heat, and food. When you give to our organization, you are directly giving to those who desperately need help.

In the nearly 5 years of operation, we have helped people financially with electric bills, finding new homes, jobs, clothes, food, child-care, intervention services, healthcare services, and much more. The greatest need we see in our clients is a desire to understand God better in

their lives so that they can continue to support themselves and thrive in their communities. Our Pastor, Cheryl Ciambotti, has a gift for helping people to see things clearly and assisting them to grow in understanding. Many of our clients come in without any knowledge of God’s Word. Some haven’t gone to church and some don’t own Bibles. Yet, when she counsels with them, they begin to grow in faith and some receive Bibles and hear the message of salvation.

Perhaps you, or someone you know, are looking for somewhere to give this year, please consider a generous donation to **Perhaps Today Ministries**.

1 Corinthians 3:5-8 *“After all, who is Apollos? Who is Paul? We are only God’s servants through whom you believed the Good News. Each of us did the work the Lord gave us. I planted the seed in your hearts, and Apollos watered it, but it was God who made it grow. It’s not important who does the planting, or who does the watering. What’s important is that God makes the seed grow. **The one who plants and the one who waters work together with the same purpose and both will be rewarded for their own hard work.**”* New Living Translation (NLT)



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## Our Fundraiser Was A Success



The fundraiser was a big success! You may remember the publicizing of our Fall Fundraiser Banquet and Silent Auction over the last few months. It was held at the Susquehanna Club on Friday evening, October 24th. We had a wonderful turn out and people reported enjoying the evening with the speakers, prizes and various activities. Several people commented it was the best event they had ever been to and others remarked how well done and organized the event was. We are thankful to all the volunteers of the evening. Without them, we could not have produced such a smooth and well-presented representation of the professionalism and dedication that Perhaps Today Ministries is proud to exhibit. Also, a thank you to the Susquehanna Club for everything

## Positive Thinking Can Change Everything

According to the Mayo Clinic, your outlook on life, your attitude toward yourself, and even your health can be directly affected by the way you answer the following question: "Do you see the glass as half-empty, or half-full?"

Some studies show that optimism is a key to stress management and is associated with many health benefits. If you find yourself leaning more toward pessimism, don't worry! Positive thinking is a skill that can be learned and applied - becoming an integral part of your life.

Though some people may believe that

they did to make it a wonderful evening.

Due to the fundraiser being late in October, we are still gathering all the data surrounding the event so more information will follow next month. We will let you know the total of the donations received. We are still taking donations if you'd like to be a part of this successful occasion. Please send checks to Perhaps Today Ministries, 40 Violet Drive Etters, PA 17319. As always, we will mail you the total of your tax deductible donations at the end of the year.



We are blessed and very thankful to all our patrons who help us provide for the needs of the community. Without you, there would not be a PTM!

optimistic folks are just ignoring the unpleasantness of life by burying their heads in the sand when life gets tough, that's not so. Positive thinking just means that you approach a bad situation or circumstance with an attitude that is positive and productive. Just think how different the world could be if people started to assume the best instead of the worst!

Positive thinkers often start with self-talk. Self-talk is an endless stream of thoughts that run through your mind and can originate from logic and reason.



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## Positive Thinking (cont.)

The optimist will have thoughts of good things to come while the pessimist may dwell on preconceived misconceptions or a lack of information. A pessimist's self-talk is often negative and destructive.

Researchers continue to explore the health effects of optimism and positive thinking. It's believed that life spans, lower rates of depression, lower levels of stress, greater resistance to the common cold, better physical and psychological health, reduced risk of death from cardiovascular disease, and better coping skills during times of hardship and stress are all affected by positivity and optimism.

In order to change your thinking from negative to positive, you must first identify what typically causes you to think negatively. For instance: work, your daily commute, relationships, physical ailments, and financial hardships can all be triggers for negative thoughts.

As you begin cultivating more positive thinking, start with one area on which you want to focus. Check yourself periodically each day. Stop and evaluate an idea or thought process, if necessary, and consciously put a positive spin on it.

Be open to humor and give yourself permission to smile or laugh, especially during the hard times. Follow a healthy lifestyle. Surround yourself with positive people. Practice positive self-talk. Be gentle and encouraging with yourself and, if a negative thought enters your mind, evaluate it and respond with affirmations of what is good about you.

Abraham Lincoln said, "We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses." PTM can help you find the roses in your life by encouraging and supporting you through your difficult circumstances. Know that the God of the Universe is in your corner.

